

The Junk Journal Ideas System

A Low-Pressure, High-Clarity Framework for Creative Chaos

DAILY LANDING PAD (BRAIN DUMP)

DATE: _____



The Junk Journal

Ideas System

MOOD & INSPIRATION BOARD

COLOR,

TEXTURE

SPARK,

NOTES

THE
Junk Journal
IDEAS SYSTEM

PROJECT INCUBATOR

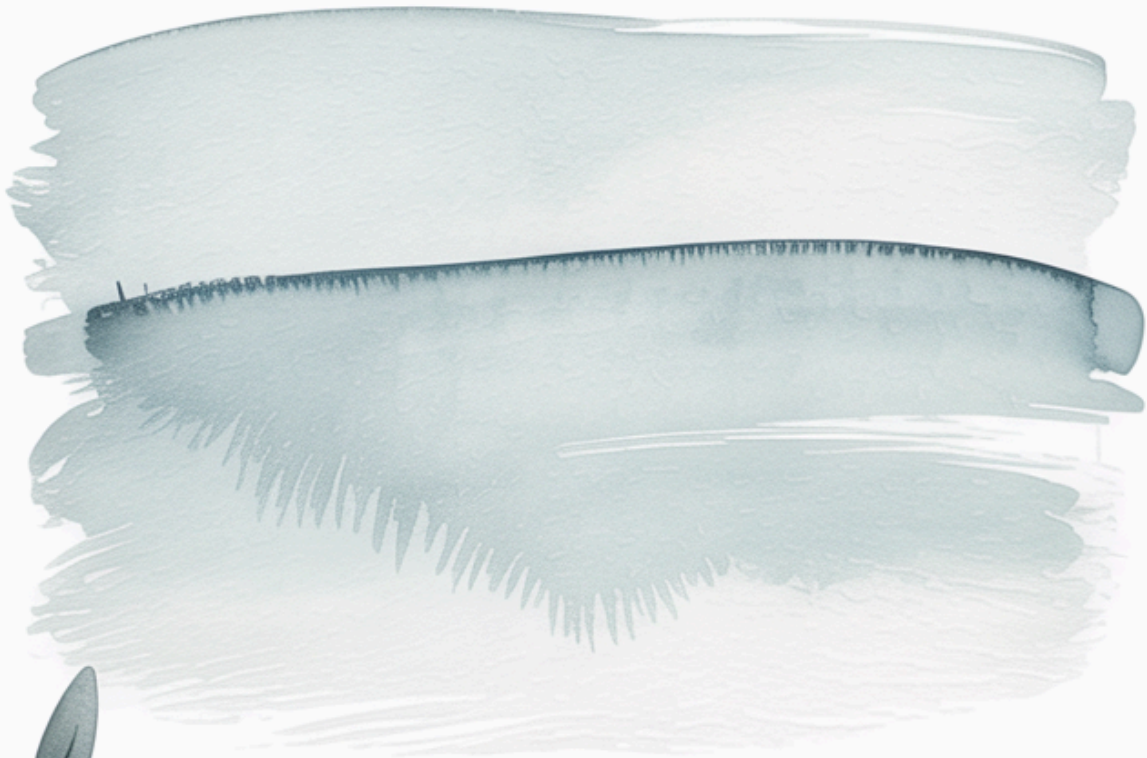
THE BIG IDEA
& CONCEPT



THE *Junk Journal*
IDEAS SYSTEM



INTRUSIVE
THOUGHT TRACKER



WHAT CAN I LET
GO OF TODAY?



The Junk Journal

IDEAS SYSTEM



MONTHLY CREATIVE LEDGER

(BUDGET & IDEAS)

DATE,	ITEM/IDEA,	COST	STATUS
7			
1			
8			
8			
3			
8			
8			
4			
1			
2			
4			
1			
4			
P			
8			
8			
4			
1			
8			
8			
8			
4			
2			
1			
8			

The Junk Journal

IDEAS SYSTEM

END-OF-WEEK CLARITY REVIEW

WHAT STAYS?

WHAT GOES?

