

Iman Ali Tirmizi Encourages People to Follow the "Create Before You Consume" Standard

Chicago-based tattoo artist and oil painter Iman Ali Tirmizi is introducing a simple personal standard that encourages people to create something every day before consuming content, helping build stronger focus, creativity, and lifelong learning.

Chicago, Illinois Jul 27, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Tattoo artist and oil painter **Iman Ali Tirmizi** is encouraging individuals to adopt a simple daily practice that he believes can improve creativity, decision-making, and long-term personal growth: **Create Before You Consume**.

The personal standard asks people to spend time making something—whether drawing, writing, learning, building, journaling, or solving a problem—before scrolling social media, watching videos, or consuming entertainment each day.

Tirmizi says the idea grew naturally from his own experiences growing up near Anchorage, Alaska, where quiet surroundings encouraged observation and independent thinking long before smartphones dominated daily life.

"I think growing up in Alaska taught me how to notice small details," Tirmizi said. "You pay attention to tracks in the snow, changes in the weather, and sounds in the trees. That way of observing never left me."

Now based in Chicago, he believes many people have unintentionally reversed that process by consuming information before giving themselves time to think creatively.

"I've never been interested in chasing what's popular," Tirmizi said. "I've always been more interested in creating something that feels real."

According to Tirmizi, the goal is not to eliminate technology but to build healthier daily habits that strengthen focus and confidence.

"Most success happens quietly," he said. "It's showing up every day and getting a little better."

He also encourages people to trust their own ideas instead of constantly comparing themselves to others.

"You don't need everything figured out," he said. "You just need to keep creating and stay honest about why you started."

Why the Basics Matter

Research continues to highlight the value of simple daily habits:

- The average adult spends **more than 2 hours per day on social media**, according to DataReportal's global reports.
- Common Sense Media reports teenagers average **more than 8 hours of daily entertainment screen time**, excluding schoolwork.
- The American Psychological Association has found that **nearly half of Gen Z adults report**

feeling overwhelmed by stress much of the time.

- Studies published in the *Journal of Positive Psychology* have shown that engaging in creative activities is associated with improved mood, greater well-being, and increased problem-solving ability.

Tirmizi believes these findings reinforce the importance of protecting time for independent thought and creative practice.

The "Create Before You Consume" Standard

Tirmizi encourages individuals to adopt the following personal standard:

Before consuming online content each day, spend at least 20 to 30 minutes creating, learning, practicing a skill, or reflecting without distractions.

The activity does not need to be artistic. It simply needs to be intentional.

30-Day Implementation Plan Week 1: Build Awareness

- Delay social media until after completing one creative activity.
- Track how much time you normally spend consuming content.
- Write down one new idea each day.

Week 2: Create Consistency

- Increase creative time to 30 minutes daily.
- Practice one skill without multitasking.
- Spend one period each day without notifications.

Week 3: Expand Your Thinking

- Try a new creative hobby or learning activity.
- Visit a local park, museum, or library for inspiration.
- Keep a notebook for observations and ideas.

Week 4: Make It a Lifestyle

- Continue your daily creative routine.
- Reflect on changes in focus, confidence, and productivity.
- Identify which habits you want to continue long term.

One-Page Personal Checklist

Use this checklist each day:

☐ I created something before checking social media.

☐ I spent at least 20 minutes learning or practicing a skill.

☐ I observed something new in my surroundings.

- ☐ I limited unnecessary screen distractions.
- ☐ I wrote down one original idea.
- ☐ I spent time outdoors or away from constant noise.
- ☐ I reflected on what I learned today.
- ☐ I ended the day feeling productive rather than simply entertained.

Call to Action

Iman Ali Tirmizi invites individuals to adopt the **Create Before You Consume Standard** for the next 30 days. Share the checklist with friends, classmates, coworkers, or family members and encourage each other to make creativity, learning, and thoughtful reflection part of everyday life. Small, consistent actions can lead to meaningful long-term growth.

To read the full interview, visit the website [here](#).

About Iman Ali Tirmizi

Iman Ali Tirmizi is a Chicago-based tattoo artist and oil painter originally from Alaska. His work is inspired by wilderness landscapes, observation, and personal experience. Through tattooing and painting, he creates artwork that reflects themes of identity, memory, and nature while encouraging others to develop their creativity through patience, authenticity, and consistent practice.

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