

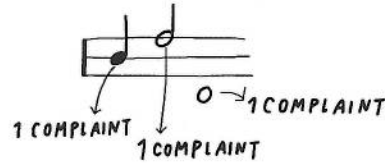
#21 COMPLAINTS



WHAT DO YOU NORMALLY COMPLAIN ABOUT? ARE YOU AWARE OF YOUR COMPLAINTS? WHAT DO THEY TELL YOU ABOUT YOURSELF? FOR FIVE DAYS NOTE YOUR COMPLAINTS, IDENTIFY THE MOST COMMON SOURCES, AND COMPOSE YOUR MUSICAL COMPLAINT SCORE ON THE RIGHT-HAND PAGE.

DEFINE YOUR OWN CATEGORIES (EXAMPLES: TECHNOLOGY, A PERSON'S BEHAVIOR, THE WEATHER, A PROJECT...)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



DRAW ONE "NOTE" FOR EVERY COMPLAINT. DRAW IT ON THE LINE THAT CORRESPONDS TO ITS TYPE: WHAT WAS THE COMPLAINT ABOUT?

1. POSITION:

POSITION YOUR NOTES ON THE GRID ACCORDING TO HOW MUCH THE COMPLAINT WAS NECESSARY:

| | | |
|--|---|------------------------------------|
| | D | THERE WAS A REAL NEED TO COMPLAIN! |
| | C | IT WAS OKAY TO COMPLAIN |
| | B | IT WAS NOT OKAY TO COMPLAIN :(|
| | A | I AM BITING MY TONGUE NOW |

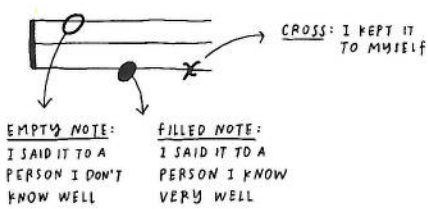
3. ATTRIBUTES



ADD VERTICAL LINES TO YOUR NOTES IF THE COMPLAINTS WERE IN REAL LIFE, AND LEAVE THEM AS THEY ARE IF YOU WROTE IT OR TEXTED IT.

2. TYPE of COMPLAINT

COLOR IN YOUR NOTE ACCORDING TO WHO YOU SAID IT TO:



| | |
|--|--|
| EMPTY NOTE: I SAID IT TO A PERSON I DON'T KNOW WELL | FILLED NOTE: I SAID IT TO A PERSON I KNOW VERY WELL |
|--|--|



ADD A RED DOT BEFORE THE NOTE IF THE COMPLAINT IS SOMETHING YOU FOUND YOURSELF SAYING OFTEN! 😊

DATA COLLECTED ON _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

#18 DISTRACTIONS

What distracts you from getting things done?

Keep your journal near you, and as you are working, make note of the distractions.

Once all surveys have been completed, compare them to see what distracts you most!



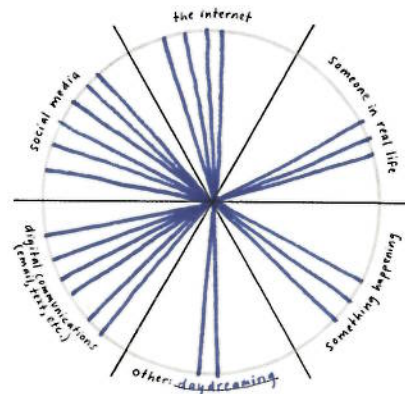
1. Any color of pen or pencil can be used.



2. Before you begin, write down the date, start time, and the task you are working on.

TASK: *writing emails*
 DATE: *June 19* TIME: *2:30-*

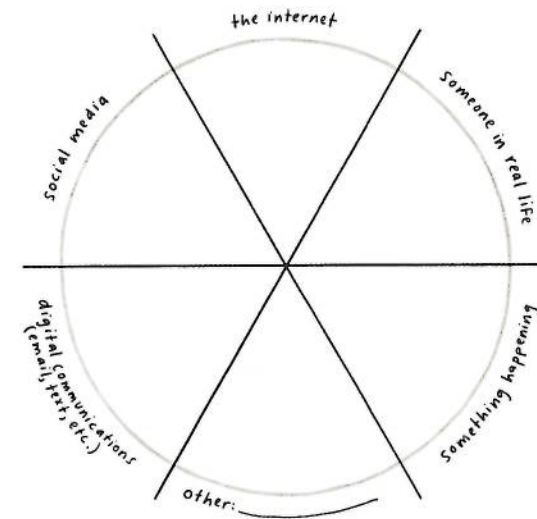
3. For every distraction draw a line from the center of the diagram to the distraction.



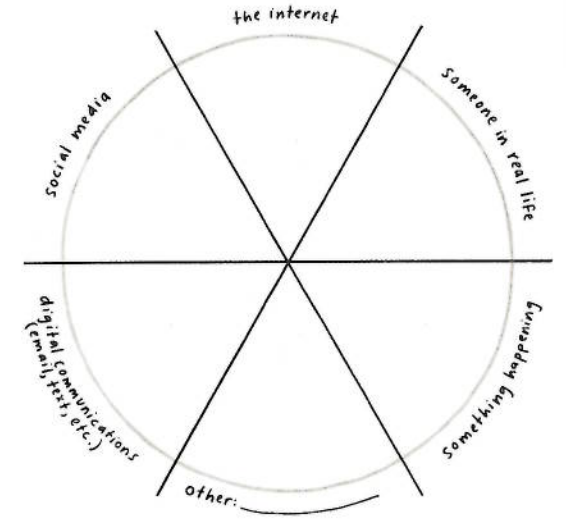
4. When you have finished collecting distractions, check the time and write it down!

TASK: *writing emails*
 DATE: *June 19* TIME: *2:30-3:30*

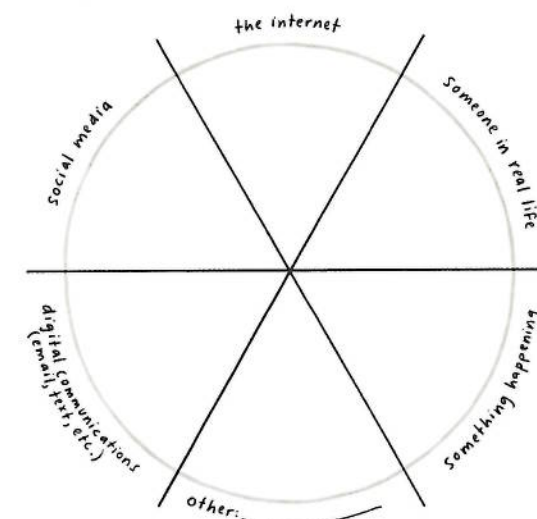
TASK: _____
 DATE: _____ TIME: _____



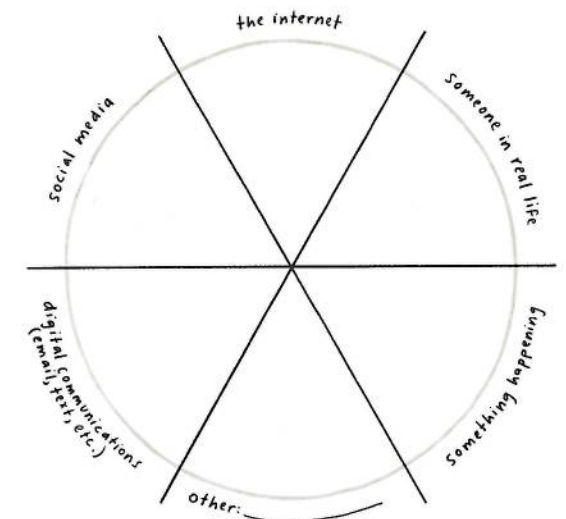
TASK: _____
 DATE: _____ TIME: _____



TASK: _____
 DATE: _____ TIME: _____



TASK: _____
 DATE: _____ TIME: _____



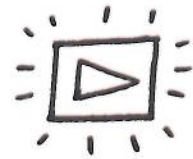
#03 HOW MUSIC MAKES ME FEEL

What emotions do your favorite songs inspire in you?

While listening, capture your emotions and moods for each part of the song, following the drawing rules below.

There's room for your top five favorites (a tough decision, we know!).

1. PRESS PLAY!



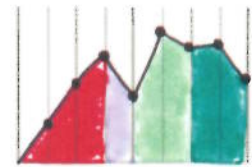
2. Every fifteen seconds draw a dot to indicate the intensity of emotion you feel in the moment.



3. When finished, join all of the dots together.



4. Color each time segment with the emotion you felt at that time.



5. Draw a symbol on top of a time segment to indicate:

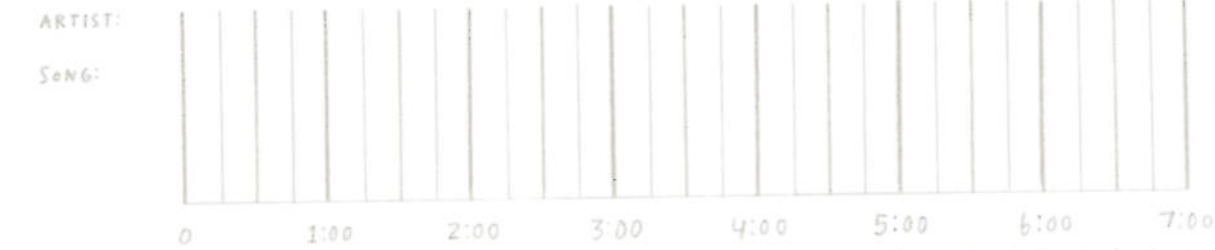
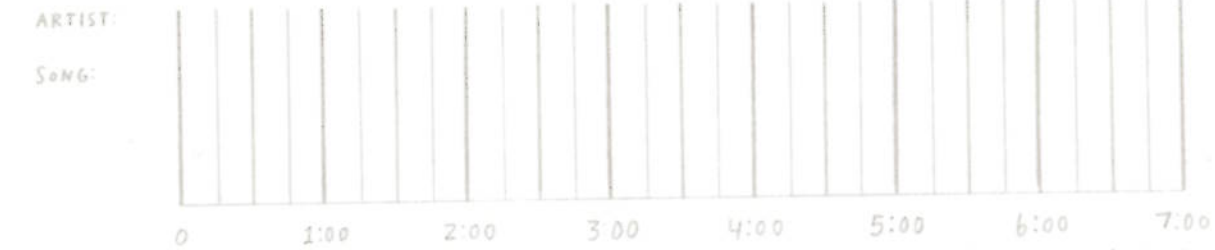
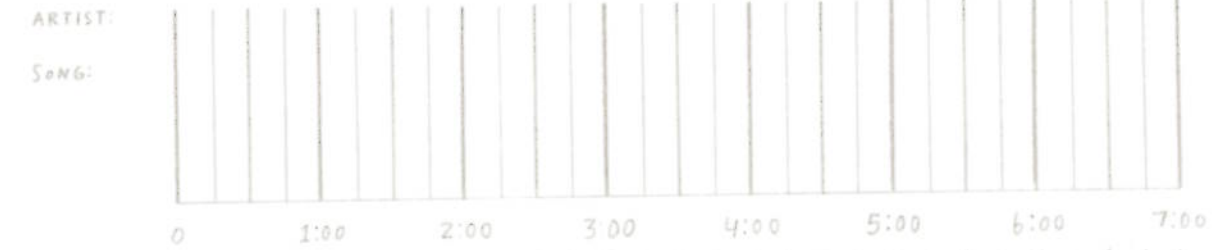


Sadness

happiness

your favorite part of the song

the point where you wanted to jump up and dance



#04 MY PHONE

The apps on your phone are a window to your soul. What can you discover about yourself?

Write down every app on your phone and then categorize and draw your apps following the instructions below.

1. Each app is represented by a circular SYMBOL



Apps are ordered on the grid from least to most used →

2. COLOR = the app's genre

| | |
|--|-----------------|
| | photo and video |
| | social media |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |
| | _____ |

3. SHAPE = how often you've used the app



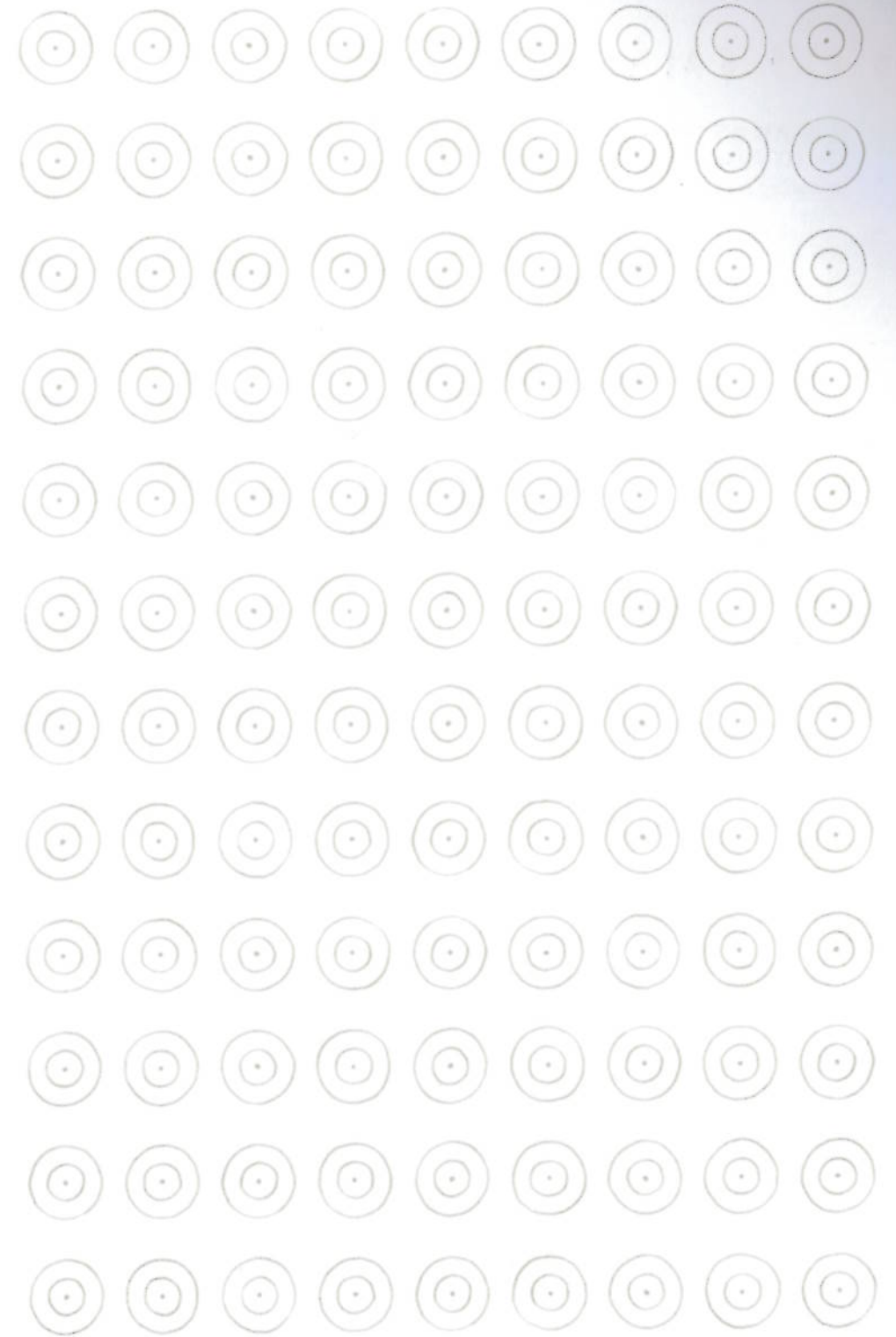
4. CIRCLE the apps that you would be embarrassed to tell others about.



5. Add DETAILS of your most and least favorite apps in the margins!



Data collected on _____



#23 THINGS I BUY

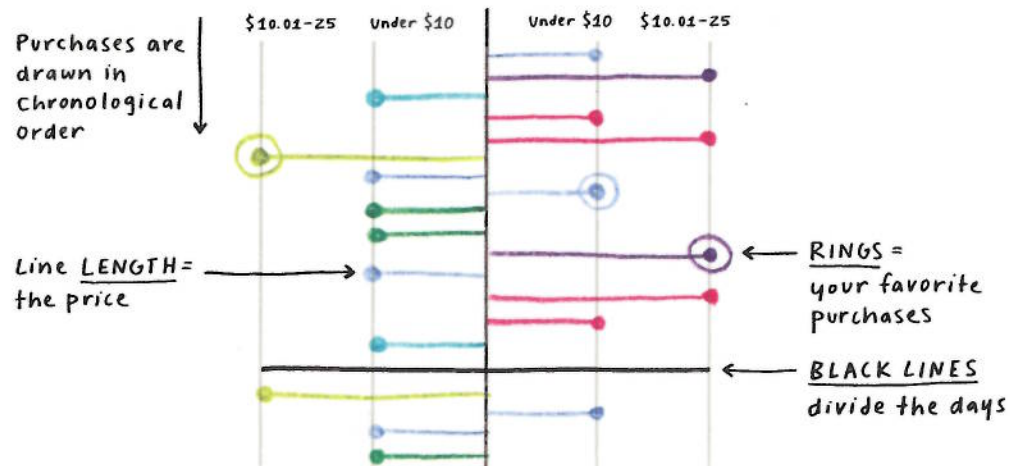
What do your purchasing habits look like?

Save (or take photos of) all of your receipts, and draw a week (Monday-Sunday) of your purchases to discover what you spend your hard-earned cash on.



1. Each LINE = a single purchase

Line DIRECTION = whether the purchase was
← nonessential or essential →

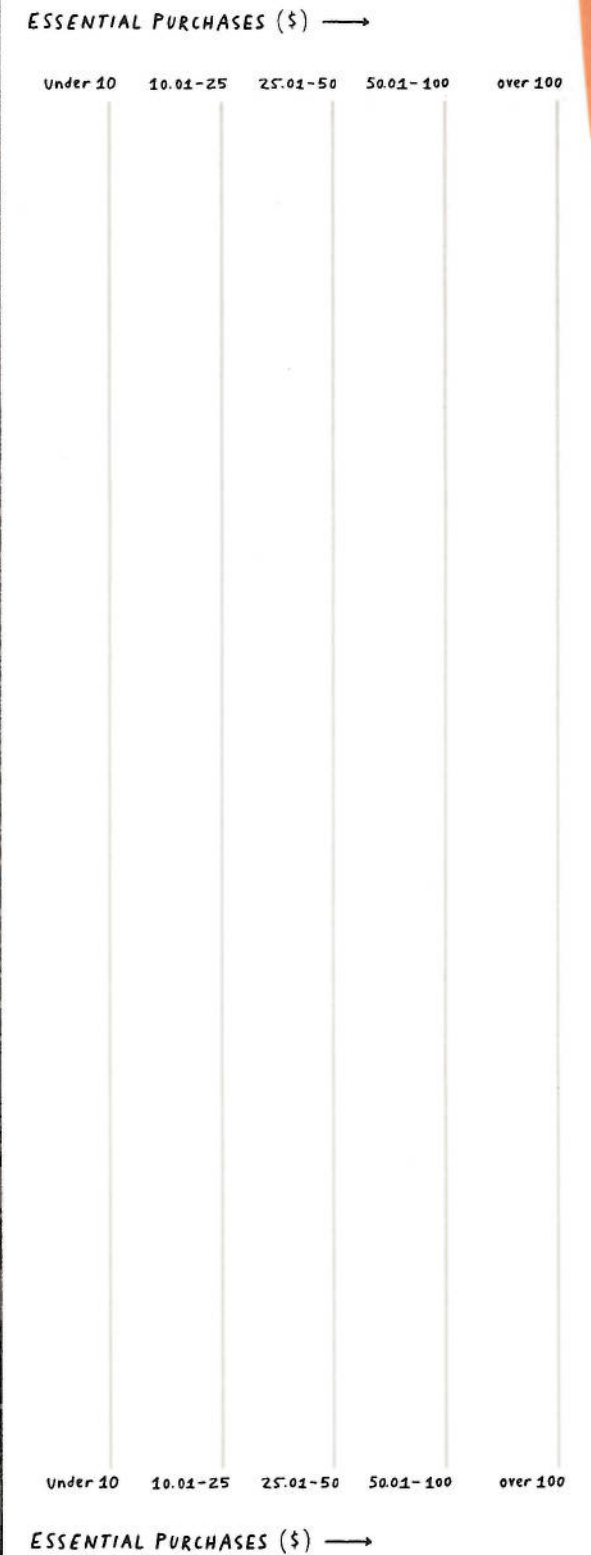


2. Line COLOR = the type of purchase

- | | | | |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | transport | <input type="checkbox"/> | personal appearance (clothing, toiletries, hair appointments, etc.) |
| <input type="checkbox"/> | leisure and entertainment | <input type="checkbox"/> | eating out |
| <input type="checkbox"/> | hedonism and vices (alcohol, cigarettes, caffeine, etc.) | <input type="checkbox"/> | Shopping for other people (gifts, children, etc.) |
| <input type="checkbox"/> | groceries and consumables | <input type="checkbox"/> | other |

Spending tracked from _____ to _____

Currency: _____



#22 WHAT I EAT

Use your phone's camera to take a photo of everything you eat or drink for one week (including water).

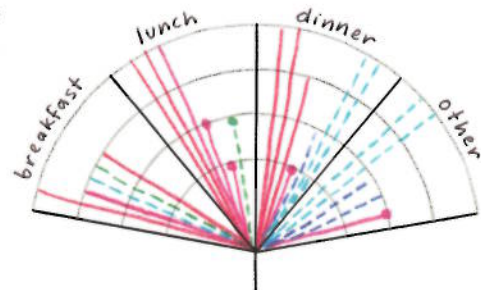


Refer to these photos at the end of the week (or end of each day) when drawing, according to the rules below.



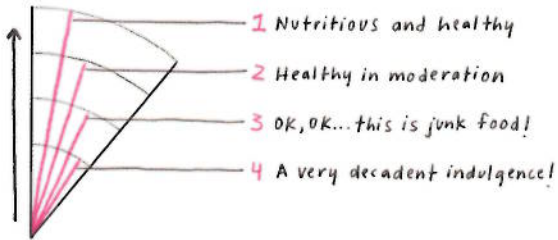
1. **LINES** = each item of food and drink

Lines are drawn in the time period when they were eaten



ONE DAY OF MEALS

2. **Line LENGTH** = represents how nutritious the food is (Be honest!)



1 Nutritious and healthy

2 Healthy in moderation

3 OK, OK...this is junk food!

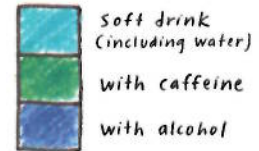
4 A very decadent indulgence!

3. **Line COLOR and TEXTURE** = the type of food consumed

FOOD



DRINK



4. **DOT** at the end of the line = highly processed food with a long list of ingredients



Data collected from _____ to _____

