Intro and Reflection

For my soundscape narrative, I chose to do the beginning of my morning routine. I think a big issue for people is that they don’t set a routine for themselves in the morning and end up not enjoying it as much as they can. I also think that routine is crucial for mental health, and setting a routine for yourself can help you accomplish goals, even if it is things such as brushing your teeth. It is helpful to have a routine because it starts my day and ensures I take care of hygiene and health. There have been times when I didn’t want to do anything, but having a routine helps me feel accomplished, even for the little things. In my narrative, I hope to reach those who lack the determination to set a routine to show it can be very peaceful and helpful. I want to improve people’s mental health because that is the key to success, and I want them to believe and feel that, too. I think some people may be hesitant to start a routine because of the feeling of being too hard to complete or rushed, which is okay, but getting used to a routine is part of the process. The struggles are what make the completion of a routine even more satisfying.

The soundscape process was interesting because I realized I do quite a few things in the morning and didn’t want to include too much, so I just did the beginning. I wake up to “Magic in the Hamptons”, which startled me when I woke, but I’ve gotten used to it. I usually snooze my alarm a few times before getting out of bed, which influenced my idea of having the song on for a while. I turn on the lights and go downstairs. I included showering and brushing my teeth because it is part of many people’s routines and my way of relating to the audience. I go downstairs again and open the door. I do this to let my dog out, which is why you hear bells, but I decided to stop here because it gives the audience the decision to do what they want. In the first screenshot, I include my alarm song. It usually is abrupt when I wake up, and the alarm turns on and off, but I decided to fade in and out so that it is not too loud. Screenshot 2 includes the other song I used, which is a song in my morning playlist. It is encouraging, but slow, which is how I like to start my morning. I love music in the morning, which I thought about through the process. The last screenshot I included was the opening of the back door. I faded it with my last song to show that the door opening can be a transition to whatever you want to be in your routine. I hope to encourage people to start a routine.