

Document your Life

Methods To Live More

Intentionally

Principles

- * Consistency & Habits
- * Keep it Simple
- * Date Everything
- * Be Clear & Specific / details
- * Enjoy doing it
- * Be mindful - Capture now, don't overthink

Method 1: Vlogging

- Smart phone
 - ↳ wide mode
- Thoughts / Feelings / moments
- POV
- Google photos / G-drive
- Local Backups

Method 2: Journal

Method 3: Film Photography

Appendix B.

Remembering My Life - Johnny Harris

- Take Photos ^{daily} / cloud backup
- Delete photos - daily
- Lightroom
- Timeline