Pos:

Walk with my roommates when I was stressed

Activities:

Environment:

Interactions:

Objects:

Users Contributed:

Being

Talk with my friends

Listen to music

Do yoga

Read the scriptures

Pray

Play pin-pon with my friends

Dance with my friends

Organized my bedroom

Eat ice cream

Taking a nap

While I was biking, feel the air

Neg:

Run to work

The coding problem that I couldn’t solve

Not sleeping enough

Being so much time sit down