

Behold my “Emotional Weather Report”; a week in my life, captured in borderline excruciating detail. The concept was inspired by a Tom Waits song of the same name, but also by my original idea to do some kind of visualization based on my calendar and daily schedule. I couldn't think of any *real* data to make the calendar idea interesting, so I instead embraced the concept of pseudo-data.

The “data” that takes up the majority of the visual and informational real estate is a representation of my emotional state at any given moment. A key is included in the top right corner for reference, but it is hoped that the color scheme is fairly intuitive. There are also a wide array of annotations, including one inspired by the original calendar/schedule conception.

The motivating design principle was that this graphic could be informative at a variety of granularities. For afar, it gives a broad map of my self-assessed emotional and mental state throughout a given day, and throughout the week. By looking further, you can see how different emotions and moods interact with each other and, by looking slightly closer, how they interact with the different events on my schedule. By diving a bit deeper, you can examine different types of events—and even specific events like a cup of coffee or a long drive while listening to music—to see the effect they have on my well-being and outlook. Finally, you can peruse the detailed annotations to get some idea of what I was listening to, reading, and consuming throughout the week, and observe its effects.

The goal was that the visualization would be equally easy to digest at all of these levels and that the “big picture” would not interfere with the details or vice versa. There were many struggles along the way, mostly notably how to overlay co-occurring things meaningfully. It is for you to judge to what extent I succeeded in that aim, or whether I have created an elaborately detailed mess.