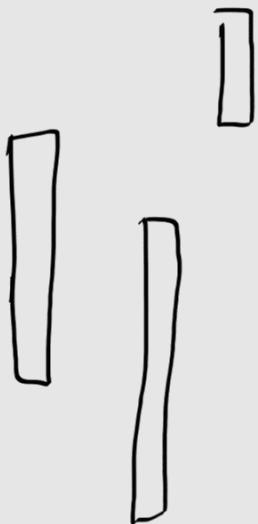
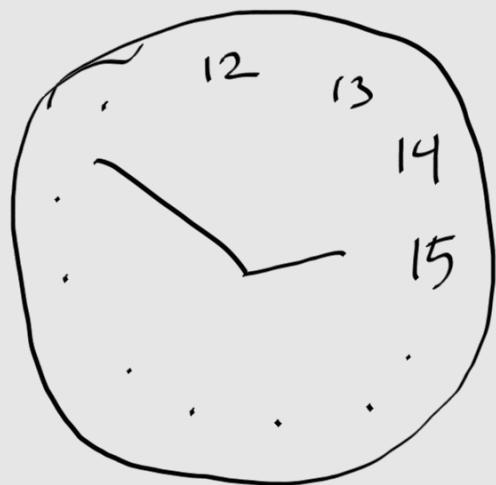


Newsletter 12

* SPECIAL EDITION VARIANT COVER



THE
STOPWATCH

* It's actually the only edition and cover.

Vincent A. V.S.

I live here.



All of my pants were made here!



Does that make me rich or poor?

And what about the Sri Lankans?

Stitching

I finally learned how to use a sewing machine. It only took an hour to learn and about 12 years to get started. Thanks, Procrastination!



Stopwatch

MultiTimer

Export JSON

Import

New timer name (e.g., Sleep, MR, B1)

+ Add

S

Start Stop Reset Delete

Lane 1

W

Running... Stop Reset Delete

Lane 2



content://media/external/file/1000009233



MultiTimer

Export JSON

Import

11:30

12:00

12:30

13:00

13:30

14:00

14:30

15:00

15:30

16:00

16:30

W

R

ET

R

BG

I made an app that allows me to run multiple stopwatches and see them running in a visual format on a daily calendar.

Now, I can see how I allocate my time and energy as time passes.

Technically, ChatGPT made the app for me—I'm just taking the credit for it because I'm the visionary who brought it to life in order to avoid paying a company a monthly fee to use theirs. I just told ChatGPT what I wanted and she wrote the code for me. I only had to yell and scream at her four times before she got it right.

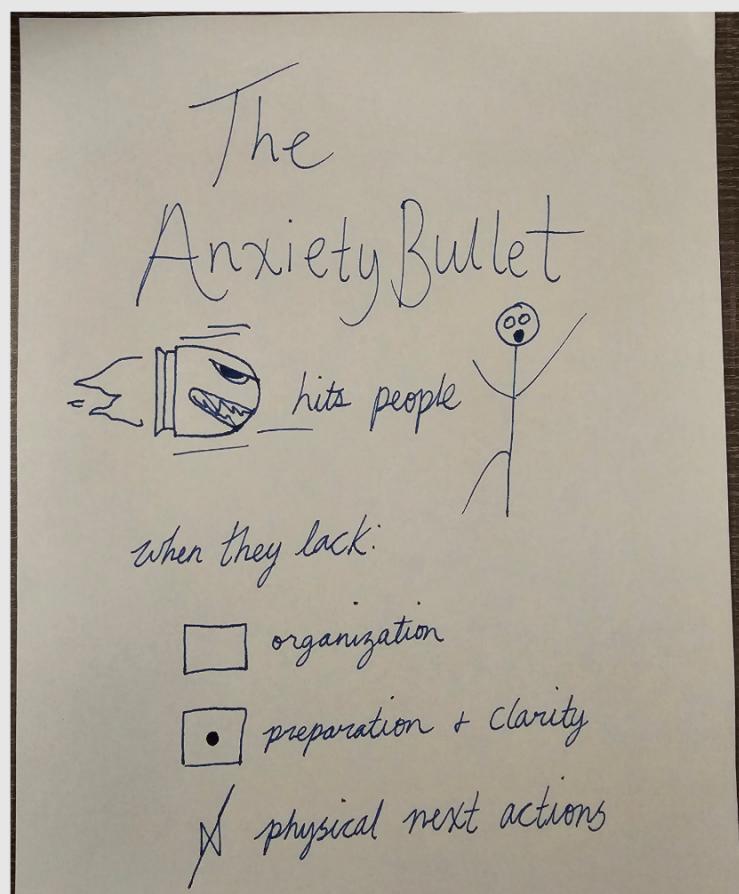
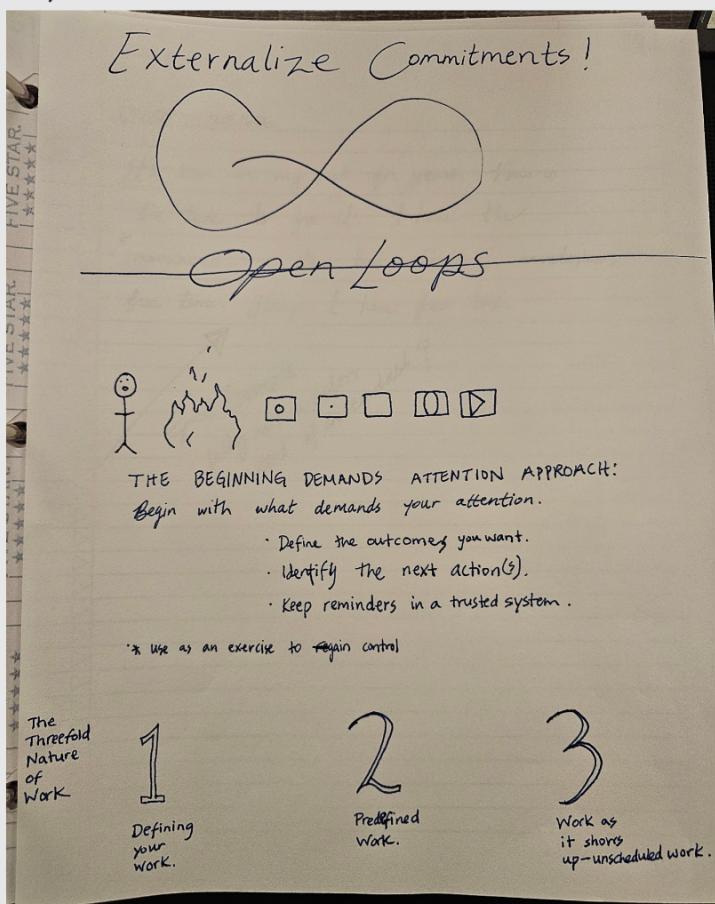
After writing this, I noticed that I should have named it MultiStopwatch—not MultiTimer.

Sketching

Someone introduced me to *illustrated journaling* some time ago (example below from Sketchbook Skool). I thought it was a good idea but too cumbersome.



Recently, however, I found myself wanting to summarize book notes in an illustrated format. So, this is what I drew.



The ***Externalize Commitments*** illustration is supposed to remind me to:

1. Manage my projects on paper—not in my head—because unresolved thoughts (open loops) can cause anxiety.
2. Start with what demands my attention—in terms of prioritizing and getting organized.
3. Remember that there are three types of work—and I should focus on Defining my Work and next actions when I don't know what to do next.

The ***Anxiety Bullet*** illustration just reminds me of what causes anxiety and prompts me to get organized.

Spaghetti

I don't understand why anyone would want to twist and twirl and slurp thin, long, dainty noodles covered in tomatoe sauce.

Do they want to stain their shirts?

Do they feel a need to suffer while they eat for a religious reason?

Are they not aware that bite-sized rotini exists—same ingredients?

Maybe they feel fancy eating a low cost meal with both a fork and a spoon—a world class act.

Maybe the agony of eating noodles helps them think clearly. I once heard a colleague say that she would have to "noodle on that" in response to one of my questions. I pictured her brainstorming while sucking down a box of Chinese noodles in front of a TV.

I tell you what: I don't want to noodle on anything—gross.

I don't even like the word "noodles". It a stupid word—possibly even a pejorative.

Oh, that guy? He's a noodle. Don't bother with him.

Stupid noodles.

—Thoughts I had after discovering rotini at the age of 30.

This newsletter was made with love, a pain
in my ass and lower back, and yelling
(because my tablet was being a stupid
shit),

Vincent A. V-S.

33SAT20250816