

THE  
**VERBAL TO VISUAL**  
NOTEBOOK



A SET OF ACTIVITIES TO BUILD  
YOUR VISUAL NOTE TAKING SKILLS

DOUG NEILL

— THE VERBAL TO VISUAL NOTEBOOK —

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THROUGHOUT THIS BOOK MANY ALLUSIONS ARE MADE TO THE AUTHOR'S HOME STATE OF OREGON, HIS FORMER CAREER PATHS, HIS IDEALISTIC HOPES FOR THE FUTURE, AND (IN ONE CASE) THE SOON-TO-BE-PUBLISHED WORK OF HIS OLDER BROTHER, WHICH HAPPENS TO INVOLVE DINOSAURS.

MORE ABOUT THIS BOOK AND ITS AUTHOR AT [VERBALTOVISUAL.COM](http://VERBALTOVISUAL.COM)

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THIS BOOK IS DEDICATED TO PARENTS AND TEACHERS  
(AND MINE IN PARTICULAR)

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— THE VERBAL TO VISUAL NOTEBOOK —

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A SPECIAL THANKS TO THOSE WHO TOOK AN  
EARLY LOOK AT THIS BOOK AND GAVE  
SOME WONDERFUL FEEDBACK:

THORSTEN, NAT, CHASIMA, ACLAN, AND CAROLINE-ISABELLE  
MUCH APPRECIATED.

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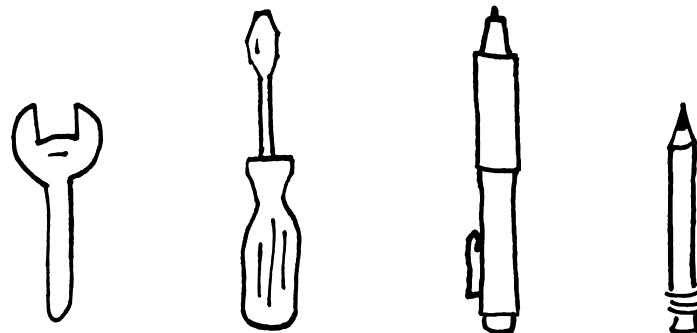
I.

# INTRODUCTION

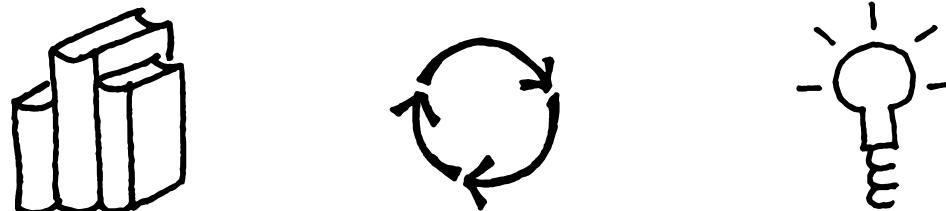
— THE VERBAL TO VISUAL NOTEBOOK —

# WELCOME

WELCOME TO THE VERBAL TO VISUAL NOTEBOOK, A RESOURCE FOR THOSE WHO WANT TO BRING IDEAS TO LIFE. WHAT YOU'LL FIND IN THIS BOOK IS A SET OF ACTIVITIES TO HELP YOU BUILD YOUR SKILLS AS A SKETCHER OF IDEAS.



THE BEAUTY OF LEARNING HOW TO SKETCH OUT IDEAS IS THAT YOU CAN THEN TAKE THAT SKILL AND APPLY IT TO WHATEVER CHALLENGES YOU FACE EACH DAY. I'VE FOUND IT TO BE A GREAT LEARNING, PROBLEM-SOLVING, AND IDEA SHARING TOOL.

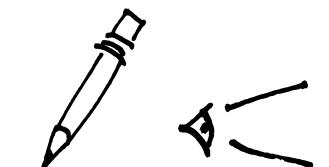
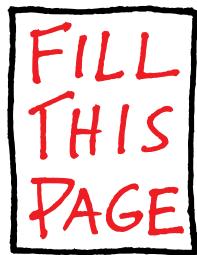


I THINK YOU WILL AS WELL, AND I HOPE THAT THE ACTIVITIES THAT I HAVE DESIGNED HELP TO YOU DEVELOP AND REFINED THAT TOOL.

— THE VERBAL TO VISUAL NOTEBOOK —

# THE CATEGORIES

THE ACTIVITIES THAT FOLLOW SHARE THE COMMON THREAD OF FOCUSING ON ONE OR MORE OF THE SKILLS REQUIRED TO EFFECTIVELY TAKE VISUAL NOTES. BUT THEY DIFFER IN THEIR APPROACH, AND I HAVE DEVELOPED A SET OF CATEGORIES SO THAT YOU HAVE A SENSE OF WHAT YOU'RE GETTING INTO WITH EACH ACTIVITY.



TRAIN THE HAND  
AND EYE



GREAT AS  
WARM-UPS



REPETITIVE

THESE ARE GOOD ACTIVITIES TO START WITH IF YOU'RE NEW TO WRITING BY HAND AND NEW TO SKETCHING. DON'T WORRY ABOUT FILLING THE PAGE IN ONE SITTING - MOVE ON IF IT GETS TEDIOUS; COME BACK LATER IF YOU FEEL LIKE IT.

PLAYFUL  
PRACTICE



LOW-STRESS,  
LIGHT HEARTED



BUILD  
SKILLS



GOOD FOR  
NEWBIES

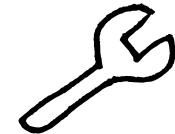
ANOTHER ACTIVITY GOOD FOR NEWBIES TO THE WORLD OF SKETCHING IDEAS - FUN OPPORTUNITIES TO BUILD SKILLS IN A LOW-PRESSURE WAY.

— THE VERBAL TO VISUAL NOTEBOOK —

## PURPOSEFUL PRACTICE



MORE  
FOCUSED



BUILD A SKILL  
OR TWO

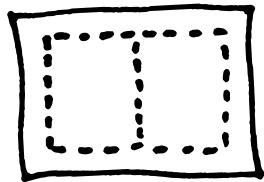


YOU PICK  
THE SOURCE

THESE ACTIVITIES ARE A BIT MORE SERIOUS. SKILL-BUILDING IS STILL THE GOAL, BUT THE TOPICS ADDRESSED ARE MORE PRACTICAL AND PURPOSE-DRIVEN.

SKETCH → THEN → DO

THESE ACTIVITIES ENCOURAGE YOU TO ACT ON YOUR IDEAS, OFTEN IN FUN WAYS, BUT SOMETIMES WITH A MORE SERIOUS BENT.



## TEMPLATE



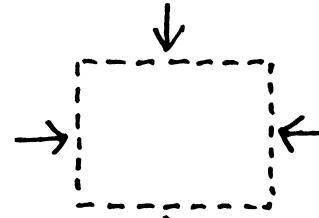
YOU PICK  
THE SOURCE



GET YOUR  
BEARINGS



PLAN OF  
ACTION



USEFUL  
CONSTRAINTS



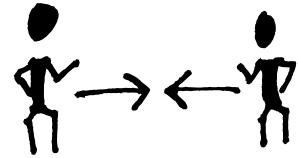
ACT



REUSABLE

THE TEMPLATES PROVIDE SOME STRUCTURE TO A VISUAL NOTE TAKING SESSION. YOU GET TO PICK THE SOURCE (BOOK, LECTURE, PODCAST, VIDEO, ETC.) AND TEST OUT THE SET OF CONSTRAINTS. IF YOU FIND A STRUCTURE THAT YOU LIKE, BY ALL MEANS, KEEP USING IT!

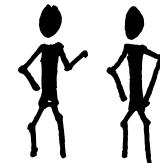
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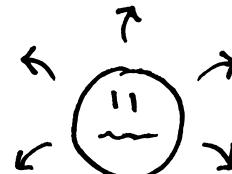
CONNECT



COMMUNICATE



COLLABORATE



GET OUT OF  
YOUR OWN HEAD

THOUGH WE OFTEN SKETCH OUT IDEAS FOR OUR OWN PURPOSES, THESE ACTIVITIES GIVE YOU AN OPPORTUNITY TO USE YOUR SKETCHES AS A WAY TO CONNECT WITH OTHERS.



PERSONAL



ATTENTION  
TURNED INWARD

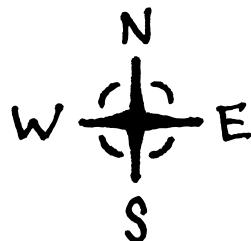


PERSONAL DEVELOPMENT  
(NO RUNNING REQUIRED)



SELF-KNOWLEDGE

MOVING IN THE OPPOSITE DIRECTION, THESE ACTIVITIES WILL TURN YOUR ATTENTION INWARD, GIVING YOU THE OPPORTUNITY TO GET TO KNOW YOURSELF A BIT BETTER WHILE ALSO DEVELOPING THE SKILL OF SKETCHING OUT IDEAS.



ADVENTURE



GET OUT INTO  
THE WORLD



POTENTIALLY  
CHALLENGING



REWARDING

THESE ACTIVITIES ENCOURAGE YOU TO GET OUT INTO THE WORLD, INTERACT WITH IT IN A VARIETY OF WAYS, AND SKETCH OUT YOUR EXPERIENCE. TAKE THESE ON AT YOUR OWN RISK ".

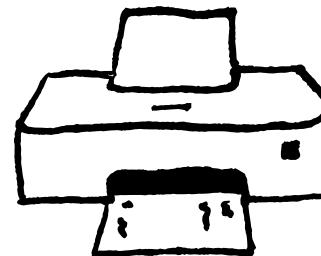
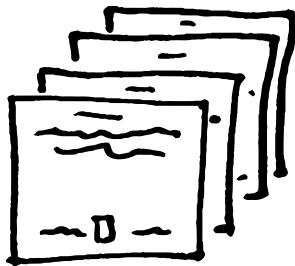
— THE VERBAL TO VISUAL NOTEBOOK —

# HOW TO

THE ACTIVITIES IN THIS BOOK FOLLOW A GENERAL PROGRESSION IN DIFFICULTY AND COMPLEXITY. FEEL FREE TO JUMP AROUND, BUT IF YOU'RE NEWER TO THIS IT WOULDN'T BE A BAD IDEA TO WORK THROUGH THE BOOK MORE OR LESS IN ORDER.



THERE ARE LOTS OF ACTIVITIES HERE. DON'T FEEL THE NEED TO RUSH AND GET THROUGH THEM ALL IN A SHORT PERIOD OF TIME. WORK STEADILY TO IMPROVE YOUR SKILLS, BUT DON'T FORGET TO TAKE BREAKS TOO :).



I HAVE DESIGNED THIS DIGITAL BOOK TO BE PRINTER FRIENDLY, SO FEEL FREE TO PRINT OUT THOSE ACTIVITIES THAT YOU'D LIKE TO HAVE A PHYSICAL COPY OF. (AND MAYBE EVEN TO MAKE COPIES FOR CLASSROOM USE IF YOU'RE AN EDUCATOR.)

ONE LAST THING...

— THE VERBAL TO VISUAL NOTEBOOK —

EXPERIMENT.

PLAY.

THIS IS ONE OF THOSE  
YOU-GET-OUT-WHAT-YOU-PUT-IN  
BOOKS.

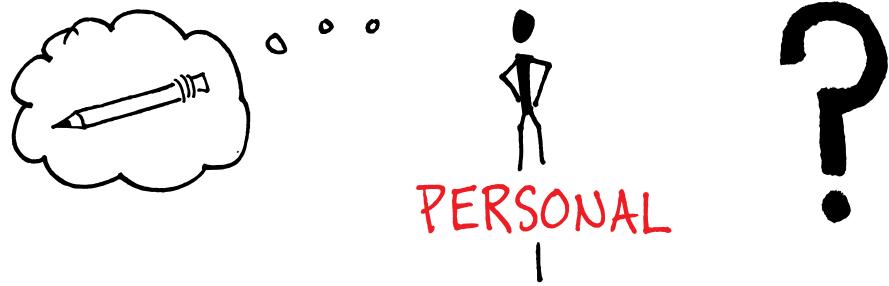
SO PUT YOUR WHOLE SELF INTO IT,  
AND SEE WHO COMES OUT.

## II.

# ACTIVITIES

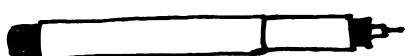
— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT (OR WRITE OUT) THE REASONS WHY YOU WANT TO DEVELOP  
THE SKILL OF VISUAL NOTE TAKING.

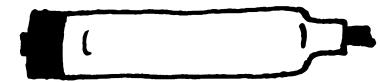
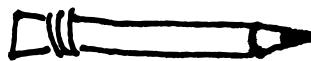


— THE VERBAL TO VISUAL NOTEBOOK —

WRITE THE ALPHABET WITH TEN DIFFERENT WRITING UTENSILS.  
THEN PICK THE ONE THAT YOU LIKE BEST.



PLAYFUL  
PRACTICE  
2



— THE VERBAL TO VISUAL NOTEBOOK —

START GATHERING QUOTES YOU LIKE. EACH TIME YOU COME ACROSS A NEW ONE THAT YOU'D LIKE TO REMEMBER, WRITE IT OUT HERE. TRY TO USE A DIFFERENT FONT FOR EACH (AND DON'T BE AFRAID TO REWRITE THE SAME ONE UNTIL YOU LIKE THE WAY IT LOOKS).

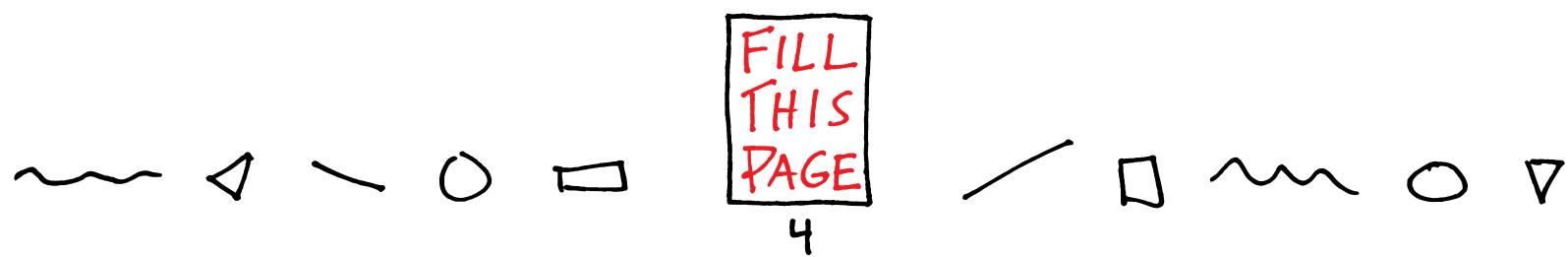
GO CONFIDENTLY IN THE DIRECTION OF YOUR DREAMS!

PLAYFUL  
PRACTICE  
3

LIVE THE LIFE YOU'VE IMAGINED. -HENRY DAVID THOREAU

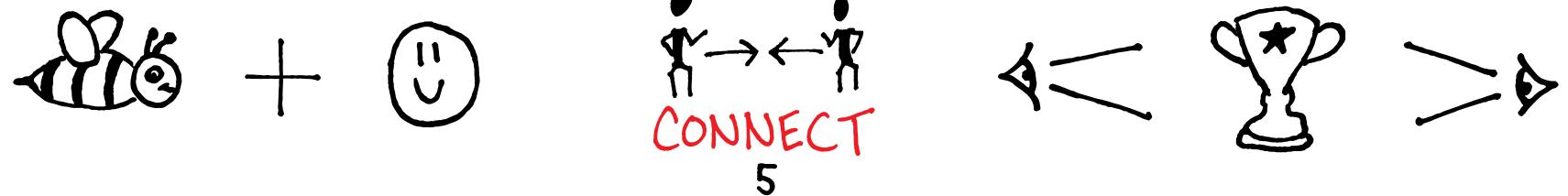
— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH SQUIGGLES, LINES, TRIANGLES, CIRCLES,  
RECTANGLES, AND ANY OTHER SHAPES YOU CAN IMAGINE.  
(NO REPRESENTATIONS OF ACTUAL OBJECTS, PLEASE).



— THE VERBAL TO VISUAL NOTEBOOK —

MAKE UP YOUR OWN PICTORIAL REPRESENTATION OF WORDS OR PHRASES.  
THEN SHOW THOSE TO A FRIEND TO SEE IF THEY CAN FIGURE OUT  
THE WORD OR PHRASE YOU HAD IN MIND.



— THE VERBAL TO VISUAL NOTEBOOK —

GET IN FRONT OF A MIRROR. MAKE FACES AT YOURSELF.  
SKETCH SOME OF THEM. LABEL EACH WITH AN EMOTION OR CAPTION.



PLAYFUL  
PRACTICE  
6

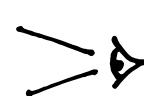


— THE VERBAL TO VISUAL NOTEBOOK —

LOOK AROUND YOUR IMMEDIATE ENVIRONMENT.  
SKETCH AN ICON FOR SEVEN OF THE THINGS THAT YOU SEE.

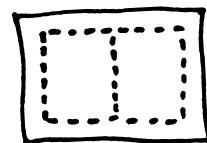
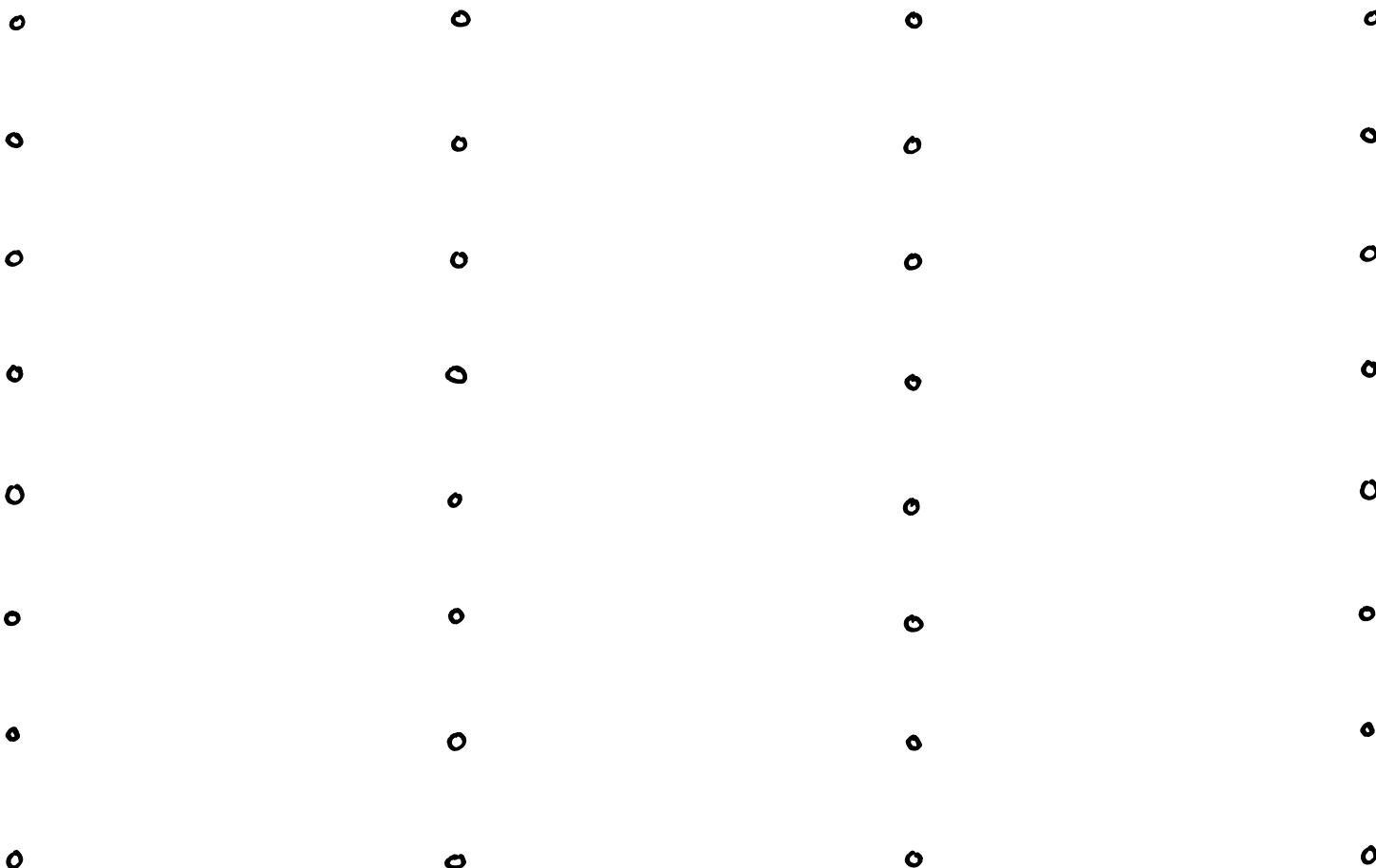


PLAYFUL  
PRACTICE  
7



— THE VERBAL TO VISUAL NOTEBOOK —

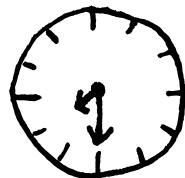
# BULLETS ONLY



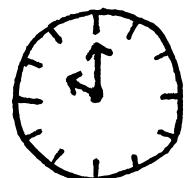
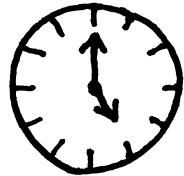
TEMPLATE

— THE VERBAL TO VISUAL NOTEBOOK —

SOMETIME THIS EVENING, SKETCH OUT FOUR THINGS THAT HAPPENED TODAY.

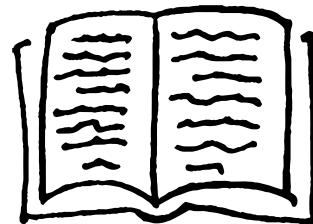


PLAYFUL  
PRACTICE  
9

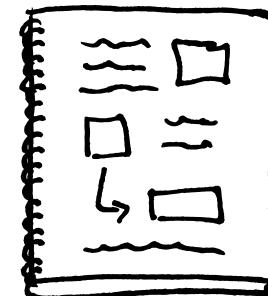


— THE VERBAL TO VISUAL NOTEBOOK —

WHILE READING A NON-FICTION BOOK, UNDERLINE THE INTERESTING PARTS.  
SKETCH OUT EACH CHAPTER USING THOSE UNDERLINED SECTIONS AS A GUIDE.



PURPOSEFUL  
PRACTICE  
10



— THE VERBAL TO VISUAL NOTEBOOK —

IT CAN BE FUN TO EMBED WORDS WITHIN OBJECTS THAT YOU DRAW.  
LOOK AROUND YOU FOR SOME OBJECTS TO SKETCH OUT, THEN  
FILL IN WITH TEXT.



PLAYFUL  
PRACTICE  
||



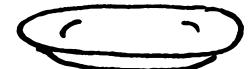
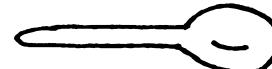
— THE VERBAL TO VISUAL NOTEBOOK —

BEFORE COOKING A MEAL, SKETCH OUT THE RECIPE.  
THEN COOK AND EAT, AND SKETCH OUT A REVIEW OF THE MEAL.



SKETCH → THEN → DO

12



— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH CAPITAL LETTERS.

(CAPITAL LETTERS



13

ARE MY FAVORITE !)

— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH LOWERCASE LETTERS.



(with practice these could grow on me)

— THE VERBAL TO VISUAL NOTEBOOK —

GRAB A DICTIONARY. (HOPEFULLY YOU STILL HAVE ONE IN BOOK FORM). OPEN TO A RANDOM PAGE AND SELECT A RANDOM WORD ON THAT PAGE. SKETCH OUT THAT WORD AS AN ICON OR DIAGRAM. REPEAT UNTIL THIS PAGE IS FULL.

re.cip.ro.cate ↺

PURPOSEFUL  
PRACTICE  
15

ob.fus.cate ↳ ☈

— THE VERBAL TO VISUAL NOTEBOOK —

BROWSE THROUGH A MAGAZINE. WHEN YOU SEE FONTS YOU LIKE (CHECK OUT THE COVER, THE HEADLINES, AND THE BODY TEXT OF ARTICLES), RIP OUT THAT PAGE. ONCE YOU'VE GOT FIVE DIFFERENT FONTS, PRACTICE WRITING FONTS HERE.



PLAYFUL  
PRACTICE  
16



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT YOUR WORKSPACE AND HOW YOU USE IT.



PERSONAL

17



— THE VERBAL TO VISUAL NOTEBOOK —

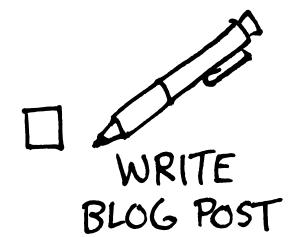
SKETCH OUT YOUR TO-DO LIST FOR TOMORROW.

USE AN ICON OR DIAGRAM FOR EACH ELEMENT ON YOUR LIST.



SKETCH → THEN → DO

18



— THE VERBAL TO VISUAL NOTEBOOK —

THINK OF YOUR FOUR FAVORITE PLACES IN THE WORLD.  
SKETCH OUT A TRAVEL AD FOR EACH OF THOSE PLACES.

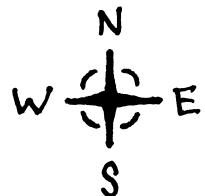
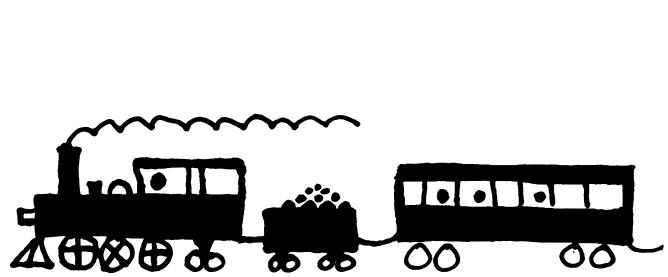


PLAYFUL  
PRACTICE

the beach

— THE VERBAL TO VISUAL NOTEBOOK —

TAKE A TRAIN RIDE SOMEWHERE. BEFORE LEAVING, SKETCH OUT THE ROUTE.



ADVENTURE

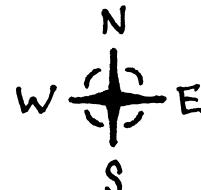
20



↑ ED EMBERLEY STYLE

— THE VERBAL TO VISUAL NOTEBOOK —

WHILE ON THE TRAIN RIDE YOU MAPPED OUT ON THE PREVIOUS PAGE, SKETCH OUT WHAT YOU SEE OR WHAT YOU'RE THINKING ABOUT.



ADVENTURE  
21



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT A DIAGRAM OF YOUR PERSONAL INTERESTS.



— THE VERBAL TO VISUAL NOTEBOOK —

BRAINSTORM NEW PROJECTS YOU COULD TAKE ON THAT COMBINE TWO OR MORE OF THOSE INTERESTS ON THE PREVIOUS PAGE. SKETCH OUT THOSE POTENTIAL PROJECTS. IF YOU'VE GOT THE TIME, START ONE.

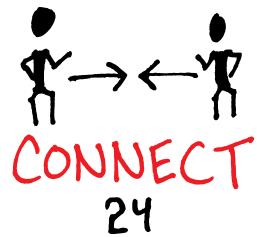


— THE VERBAL TO VISUAL NOTEBOOK —

THE NEXT TIME YOU NEED TO TEXT SOMEONE, SKETCH IT OUT INSTEAD,  
TAKE A PICTURE OF YOUR SKETCH, AND THEN SEND THAT PICTURE.



WANNA GO FOR  
A RUN LATER?



BRUNCH.  
TOMORROW.  
TEN. BE THERE.



— THE VERBAL TO VISUAL NOTEBOOK —

MAKE A LIST OF YOUR FOUR FAVORITE MOVIES. SEARCH THE INTERNET (OR YOUR ATTIC?) FOR POSTERS OF THOSE MOVIES. SKETCH OUT THOSE POSTERS WITH AN EYE ON TYPOGRAPHY AND IMAGERY.

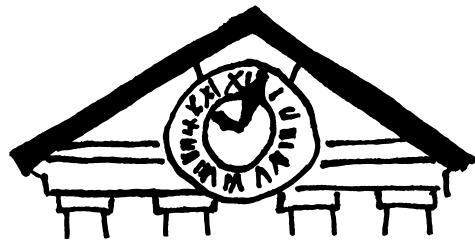
BACK  
TO THE FUTURE

PLAYFUL  
PRACTICE  
25

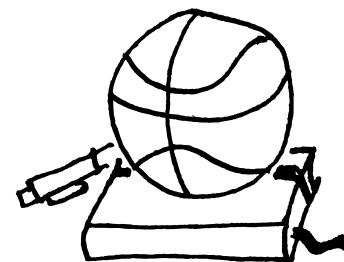
FINDING  
FORRESTER

— THE VERBAL TO VISUAL NOTEBOOK —

NOW CREATE YOUR OWN POSTER FOR EACH OF THE MOVIES FROM THE PREVIOUS ACTIVITY.  
(HINT: THINK OF YOUR FAVORITE SCENE AND INCORPORATE THAT INTO THE POSTER)



PLAYFUL  
PRACTICE  
26



— THE VERBAL TO VISUAL NOTEBOOK —

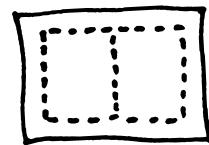
MAKE A BULLETED LIST OF PROS AND CONS FOR EACH MODE OF TRANSPORTATION YOU USE.  
DEVELOP A CUSTOM BULLET FOR EACH LIST.



— THE VERBAL TO VISUAL NOTEBOOK —

WORDS  
↓

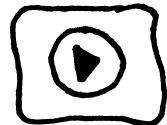
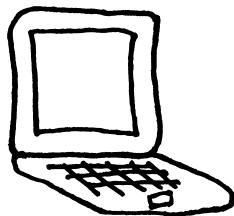
VISUALS  
↓



TEMPLATE  
28

— THE VERBAL TO VISUAL NOTEBOOK —

WATCH AN AUTO-TUNED VIDEO OF CARL SAGAN RIFFING ON SCIENCE (OR AN EQUALLY-ENGAGING YOUTUBE VIDEO OF YOUR CHOICE). SKETCH OUT SOME OF THE TEXT FROM THAT VIDEO USING A FONT APPROPRIATE FOR THE STYLE AND CONTENT OF THE VIDEO.



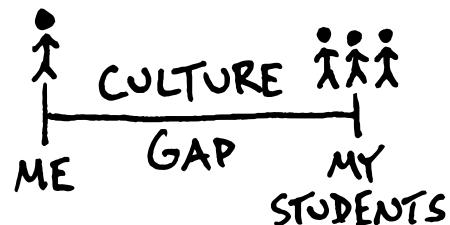
PLAYFUL  
PRACTICE

29

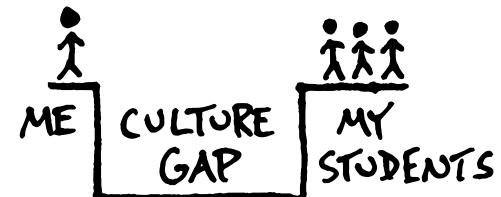
“  
EVERY ONE OF US IS,  
IN THE COSMIC PERSPECTIVE,  
PRECIOUS.

— THE VERBAL TO VISUAL NOTEBOOK —

PICK A CONCEPT THAT YOU'D LIKE TO EXPRESS VISUALLY. SKETCH OUT THAT CONCEPT IN AS MANY DIFFERENT WAYS AS YOU CAN. THEN PICK THE ONE YOU LIKE BEST, AND PRACTICE THAT ONE.

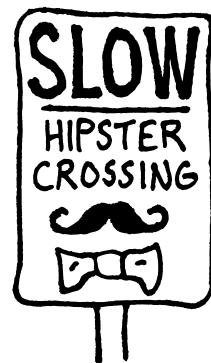


**PURPOSEFUL  
PRACTICE**  
30



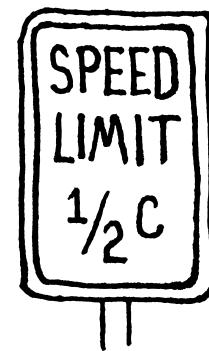
— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT STREET SIGNS WITH LAWS YOU WISHED EXISTED BUT DON'T.  
MAKE SURE TO INCLUDE AN ICON WITHIN EACH SIGN.



PLAYFUL  
PRACTICE

31



— THE VERBAL TO VISUAL NOTEBOOK —

THE NEXT TIME YOU HAVE TO CHOOSE BETWEEN ONE THING OR ANOTHER,  
SKETCH EACH OUT AS AN AIDE TO YOUR DECISION-MAKING PROCESS.

-A-

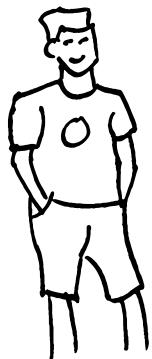
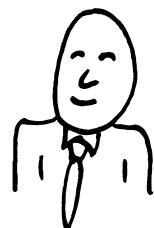


32

-B-

— THE VERBAL TO VISUAL NOTEBOOK —

GRAB THAT MAGAZINE YOU WERE USING EARLIER. LOOK FOR PHOTOS WITH PEOPLE IN THEM. SKETCH THOSE PEOPLE. START SIMPLE AND WORK YOUR WAY UP IN DETAIL IF YOU FEEL LIKE IT.



PLAYFUL  
PRACTICE  
33

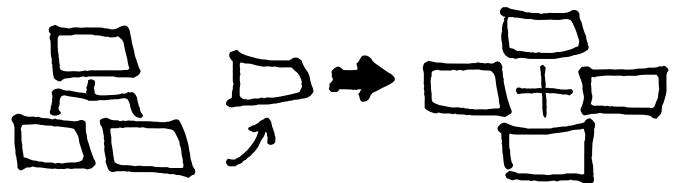


— THE VERBAL TO VISUAL NOTEBOOK —

GRAB SOME INDEX CARDS. WHILE TAKING IN SOME INFORMATION, JOT DOWN ONE IDEA PER CARD. THEN PLAY AROUND WITH HOW YOU WANT TO LAY OUT THOSE CARDS IN ONE BIG DIAGRAM. ONCE YOU'VE GOT SOMETHING YOU LIKE, SKETCH OUT THE BIG PICTURE HERE.

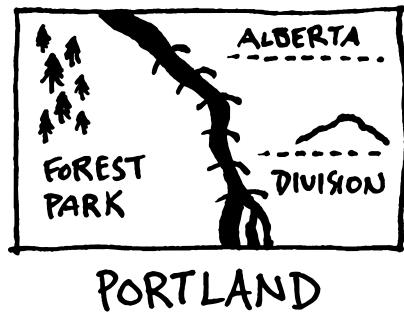


PURPOSEFUL  
PRACTICE  
34



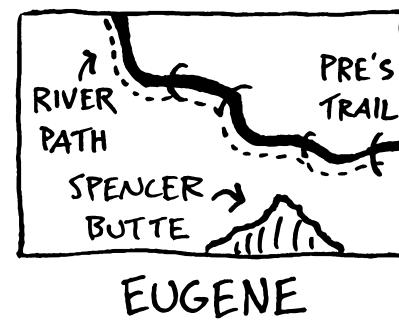
— THE VERBAL TO VISUAL NOTEBOOK —

FIND A MAP OF THE CITY WHERE YOU LIVE. SKETCH A DIAGRAM OF IT, ADDING LANDMARKS FOR YOUR FAVORITE LOCATIONS.



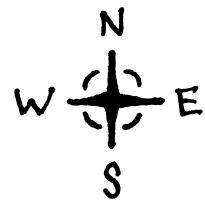
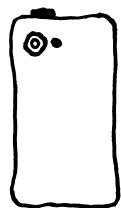
PLAYFUL  
PRACTICE

35

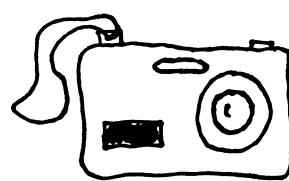


— THE VERBAL TO VISUAL NOTEBOOK —

GO ON A PHOTO EXCURSION. WHEN BACK AT YOUR SKETCHBOOK, LOOK THROUGH YOUR PHOTOS AND SKETCH OUT SOME OF YOUR FAVORITES (EITHER THE ENTIRE PHOTO OR JUST SOME OF THE ELEMENTS.) ADD SOME TEXT FOR CONTEXT.



ADVENTURE  
36



— THE VERBAL TO VISUAL NOTEBOOK —

THE NEXT TIME YOU COME UP AGAINST A PROBLEM YOU'RE NOT  
SURE HOW TO SOLVE, TRY THIS:

1. WRITE OUT THE ELEMENTS  
OF THE PROBLEM.

3. SKETCH OUT A DIAGRAM SHOWING THE  
RELATIONSHIPS BETWEEN THOSE ELEMENTS.

2. COME UP WITH AN ICON FOR  
EACH OF THOSE ELEMENTS.

4. USE THAT DIAGRAM TO BRAINSTORM  
POTENTIAL SOLUTIONS.

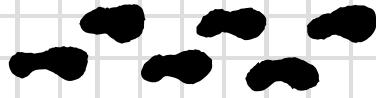
5. SKETCH OUT THOSE POTENTIAL SOLUTIONS,  
THEN GIVE YOUR FAVORITE ONE A TRY.

PURPOSEFUL  


PRACTICE

— THE VERBAL TO VISUAL NOTEBOOK —  
PAPER STYLE EXPERIMENT  
(PART 1)

WHILE LISTENING TO SOMETHING INTERESTING, SKETCH OUT  
WORDS AND IDEAS IN THIS GRIDDED SPACE:

PURPOSEFUL  
  
PRACTICE

— THE VERBAL TO VISUAL NOTEBOOK —

PAPER STYLE EXPERIMENT  
(PART 2)

WHILE LISTENING TO SOMETHING INTERESTING, SKETCH OUT  
WORDS AND IDEAS IN THIS LINED SPACE:

PURPOSEFUL



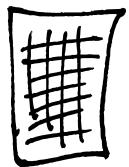
PRACTICE

— THE VERBAL TO VISUAL NOTEBOOK —  
PAPER STYLE EXPERIMENT  
(PART 3)  
WHILE LISTENING TO SOMETHING INTERESTING, SKETCH OUT  
WORDS AND IDEAS IN THIS BLANK SPACE :

PURPOSEFUL  
  
PRACTICE  
40

— THE VERBAL TO VISUAL NOTEBOOK —  
PAPER STYLE EXPERIMENT  
(PART 4)

WHICH PAPER STYLE DID YOU LIKE BEST? SKETCH OUT YOUR RESPONSE.



PURPOSEFUL  
  
PRACTICE  
41



?

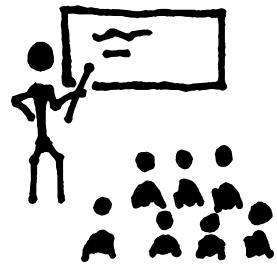
— THE VERBAL TO VISUAL NOTEBOOK —

WRITE THE ALPHABET REALLY SLOWLY. THEN WRITE IT AGAIN, A LITTLE BIT FASTER. THEN AGAIN, FASTER STILL. CONTINUE UNTIL YOU REACH YOUR MAX, THEN LOOK BACK AND PICK YOUR FAVORITE PACE. PRACTICE AT THAT PACE.



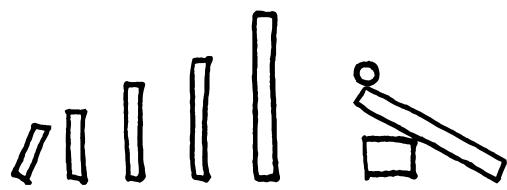
— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT A DIAGRAM SHOWING THE DIFFERENT JOBS THAT YOU HAVE HAD IN YOUR LIFE.



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT AN IDEA FOR A RUBE GOLDBERG MACHINE USING MATERIALS YOU OWN.  
THEN GO BUILD IT.

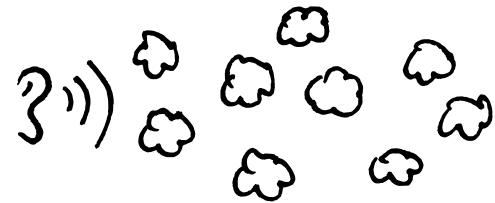


SKETCH → THEN → DO  
44



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT ALL OF THE STIMULI TO WHICH YOU EXPOSE YOURSELF EACH DAY.  
LABEL WHICH ONES YOU'D LIKE TO CUT DOWN ON AND WHICH ONES YOU'D LIKE TO INCREASE.



— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH LINES OF DIFFERENT STYLES - SOME DOTTED,  
SOME DASHED, SOME DOUBLE, AND SOME OF YOUR OWN CREATION -  
THAT YOU MIGHT USE TO SEPARATE ONE IDEA FROM ANOTHER.



— THE VERBAL TO VISUAL NOTEBOOK —  
FILL THIS PAGE WITH BUBBLE LETTERS.

LIKE



THIS

— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH FILLED IN BUBBLE LETTERS.

LIKE

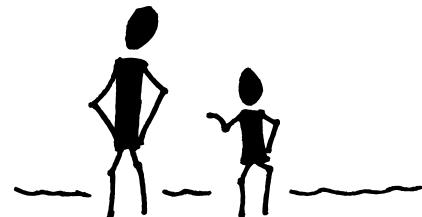
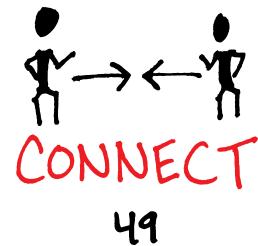
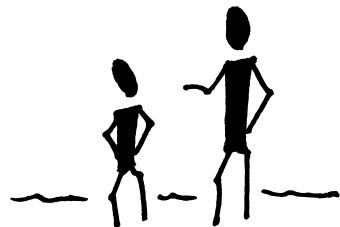
FILL  
THIS  
PAGE

48

THIS

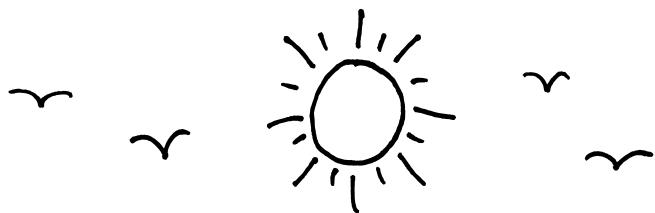
— THE VERBAL TO VISUAL NOTEBOOK —

FIND SOMEONE TWICE YOUR AGE. IF THAT'S NOT POSSIBLE, FIND SOMEONE HALF YOUR AGE.  
ASK THEM FOR GENERAL ADVICE ABOUT LIFE. SKETCH OUT THAT ADVICE.



— THE VERBAL TO VISUAL NOTEBOOK —

KEEP A WEATHER JOURNAL THAT YOU ADD TO EITHER ONCE A WEEK OR ONCE A MONTH, DEPENDING ON HOW QUICKLY THE WEATHER CHANGES WHERE YOU LIVE (IN OREGON IT COULD BE HOURLY!). DEVELOP ICONS FOR THE DIFFERENT TYPES OF WEATHER THAT YOU EXPERIENCE.



BONUS #1: ADD FIGURES SHOWING HOW PEOPLE REACT TO EACH TYPE OF WEATHER.

PLAYFUL  
PRACTICE  
50



BONUS #2: ADD FACIAL EXPRESSIONS REACTING TO EACH TYPE OF WEATHER.

— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH REALLY BIG LETTERS.

HELLO



WORLD!

— THE VERBAL TO VISUAL NOTEBOOK —  
FILL THIS PAGE WITH REALLY LITTLE LETTERS.

CODE MUCH?

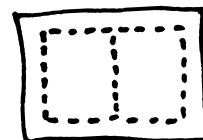
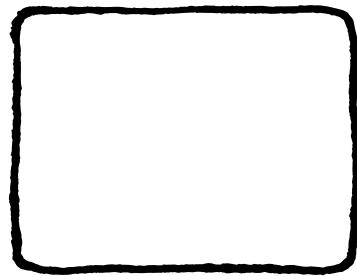
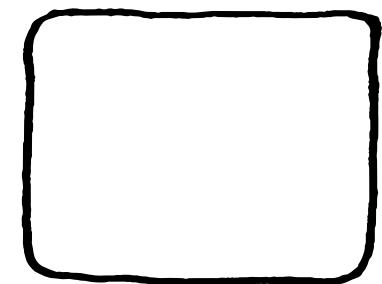
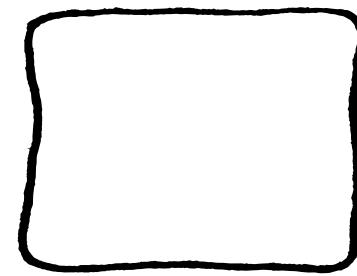
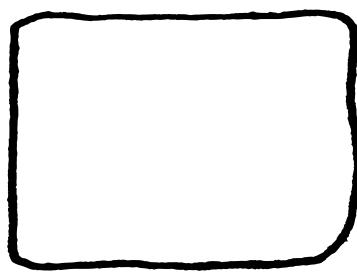
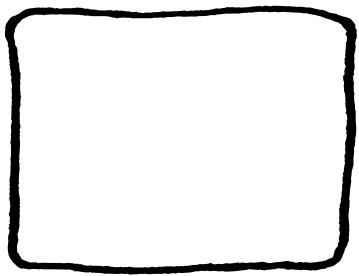
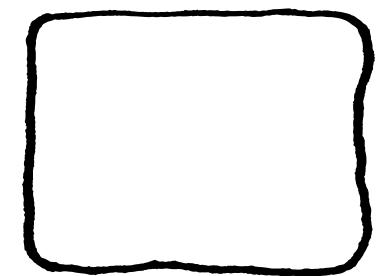
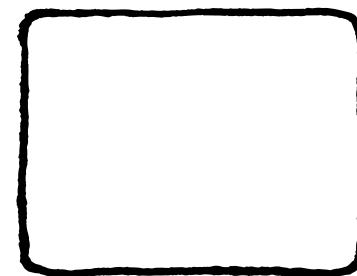
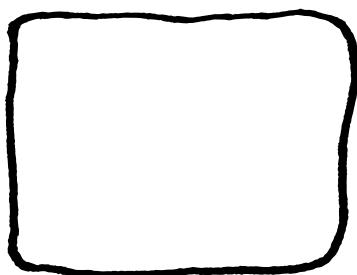
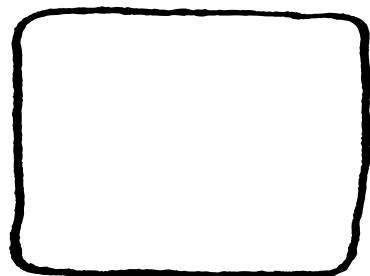
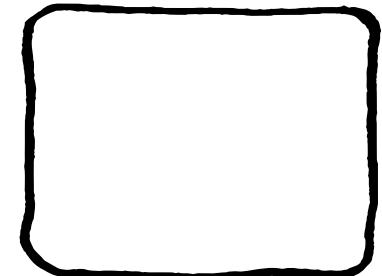
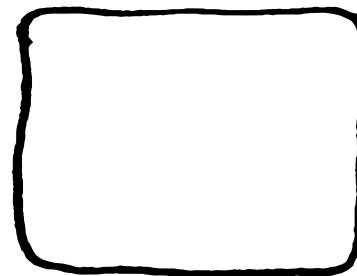
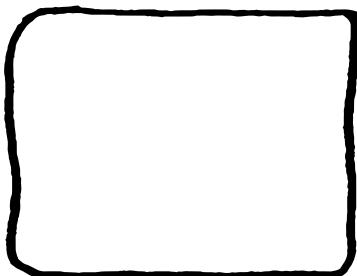
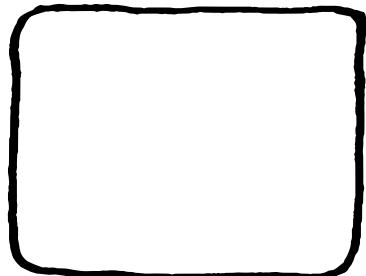


52

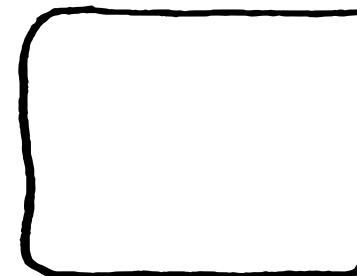
ME NEITHER...

— THE VERBAL TO VISUAL NOTEBOOK —

ONE IDEA PER BOX. ADD CONNECTORS AS YOU SEE FIT.

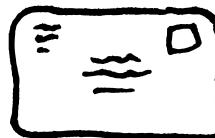
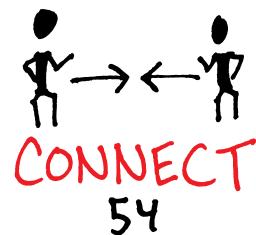


TEMPLATE  
53



— THE VERBAL TO VISUAL NOTEBOOK —

HANDWRITE A LETTER TO A FRIEND. ADD SOME DOODLES IN THE MARGINS. ON THE BACK OF THE ENVELOPE THAT YOU MAIL THE LETTER IN, DRAW A SELF PORTRAIT (FROM: \_\_) AND A PORTRAIT OF THE RECIPIENT (TO: \_\_).



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT A PORTRAIT OF SOMEONE YOU ADMIRE. THEN LIST THE REASONS WHY YOU ADMIRE THAT PERSON. THEN SKETCH OUT THAT LIST.



— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH SKETCHES OF EMOTICONS. WRITE THE EMOTION BELOW EACH.

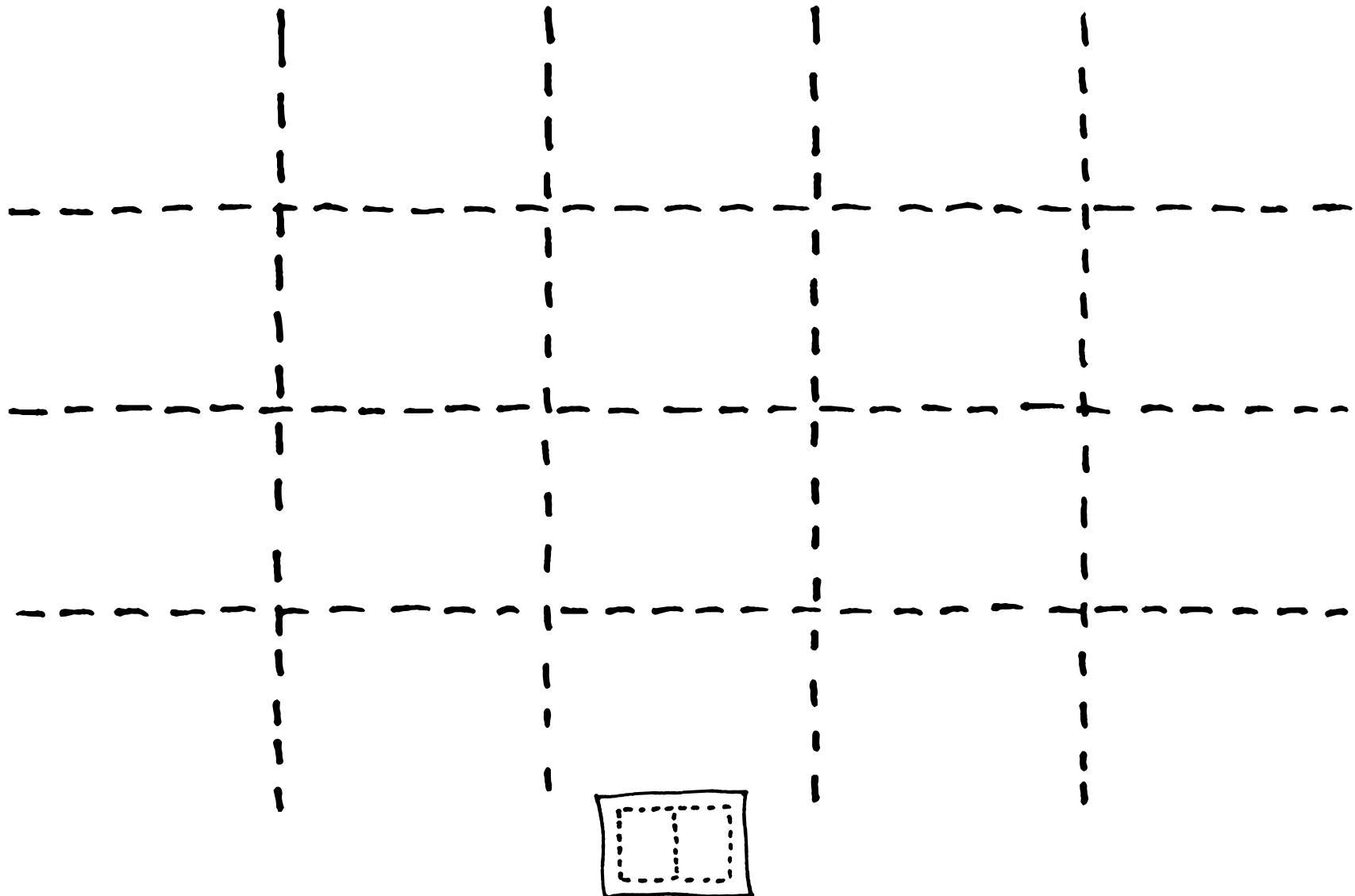


56



— THE VERBAL TO VISUAL NOTEBOOK —

ONE MAIN IDEA PER SPACE. VERBAL + VISUAL COMBO IS UP TO YOU.



TEMPLATE

— THE VERBAL TO VISUAL NOTEBOOK —

USE A WORD PROCESSOR TO TYPE OUT A QUOTE YOU LIKE. THEN DIG INTO YOUR FONT LIBRARY AND PICK ONE THAT YOU LIKE AND SEEMS TO FIT WITH THAT QUOTE. PRINT IT OUT AND USE IT TO PRACTICE THAT FONT HERE.

“ The culture we have does  
not make people feel good about  
themselves. And you have to

PLAYFUL  
PRACTICE

58

be strong enough to say if the “  
culture doesn't work, don't buy it.

- MORRIE SCHWARTZ

— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.

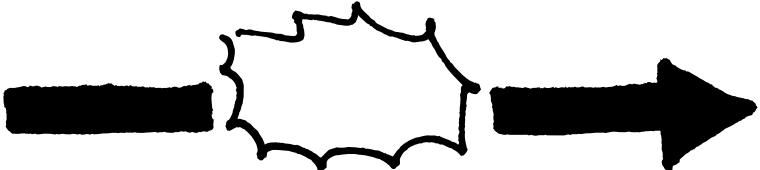
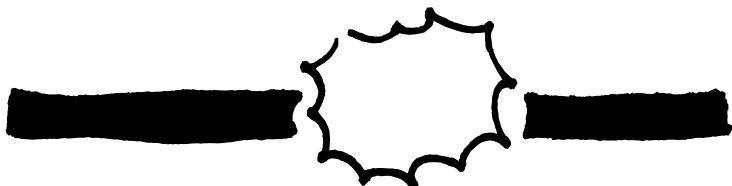


59

THEN DO IT !

— THE VERBAL TO VISUAL NOTEBOOK —

THINK ABOUT THE THREE MOST IMPORTANT EVENTS IN YOUR LIFE THUS FAR.  
SKETCH EACH OUT, AND INCLUDE WHY EACH EVENT WAS IMPORTANT.



— THE VERBAL TO VISUAL NOTEBOOK —

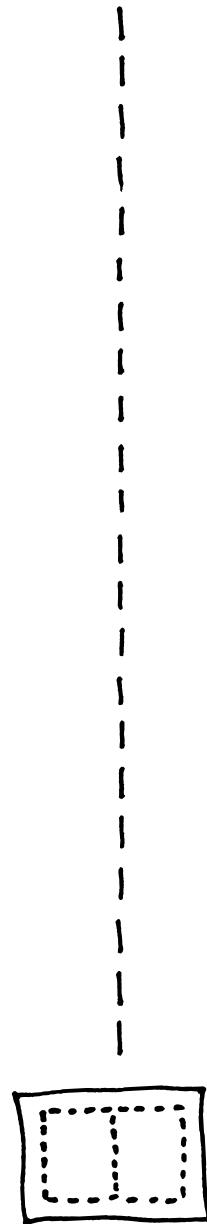
PICK A TOPIC THAT YOU'RE INTERESTED IN. DO SOME RESEARCH ON THE HISTORY OF THAT TOPIC. THEN SKETCH OUT A TIMELINE OF THE KEY EVENTS THAT YOU'VE BEEN LEARNING ABOUT.



— THE VERBAL TO VISUAL NOTEBOOK —

BULLETS FIRST  
(WHILE LISTENING)

SKETCH SECOND  
(AFTER LISTENING)



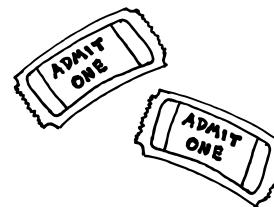
TEMPLATE  
62

— THE VERBAL TO VISUAL NOTEBOOK —

PUT ON A GOOD MOVIE AND SKETCH OUT THE OBJECTS, PEOPLE,  
AND PHRASES THAT STAND OUT TO YOU.

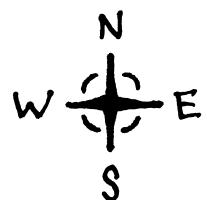


PLAYFUL  
PRACTICE  
63



— THE VERBAL TO VISUAL NOTEBOOK —

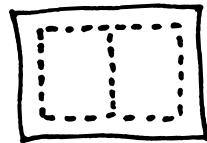
THINK ABOUT THE NEXT TRIP YOU WANT TO GO ON (IT COULD BE A TRIP INTO TOWN, OR TO ANOTHER CITY, STATE, OR COUNTRY). SKETCH OUT A QUICK MAP, AND LABEL EACH STOP YOU'LL MAKE ON THE TRIP. THEN GO TAKE IT.



ADVENTURE

— THE VERBAL TO VISUAL NOTEBOOK —

USE TWO COLORS - ONE (DARKISH) FOR TEXT AND IMAGES, ANOTHER (LIGHTISH)  
FOR HIGHLIGHTING AND CONNECTING IDEAS.



TEMPLATE  
65

— THE VERBAL TO VISUAL NOTEBOOK —

PICK FOUR ITEMS ON YOUR BUCKET LIST. (IF YOU DON'T HAVE A BUCKET LIST, START ONE, AND ADD AT LEAST FOUR ITEMS TO IT.) SKETCH THEM OUT.



BUILD A COB HOUSE



PERSONAL

66



HIKE THE PACIFIC CREST TRAIL

— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT THE ACTIONS YOU NEED TO TAKE TO  
START GETTING TO THE ITEMS ON YOUR BUCKET LIST.

MY CURRENT APPROACH: DEVELOP A USEFUL SKILL → USE THAT SKILL TO KICKSTART INDEPENDENT CAREER

SKETCH → THEN → DO  
67

INCORPORATE THAT SKILL INTO BUCKET LIST ITEMS → CHECK OFF ITEMS WHILE "WORKING"

— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.

PURPOSEFUL  
  
PRACTICE

68

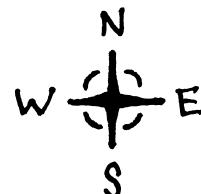
THEN DO IT!

— THE VERBAL TO VISUAL NOTEBOOK —

WHILE OUT AND ABOUT, LOOK FOR INTERESTING STORE SIGNS.  
SKETCH OUT THE ONES YOU LIKE, PAYING PARTICULAR  
ATTENTION TO THE TYPOGRAPHY USED.



MY FAVORITE COFFEE SHOP  
IN PORTLAND



ADVENTURE  
69

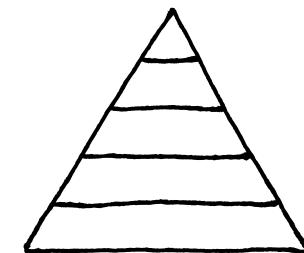
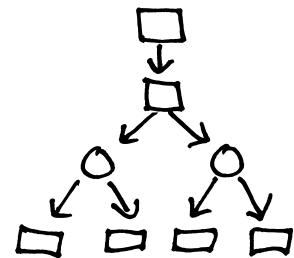


MY FAVORITE COFFEE SHOP  
IN EUGENE

— THE VERBAL TO VISUAL NOTEBOOK —

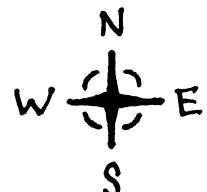
PICK A THEME HIERARCHICAL IN NATURE.

SKETCH THE HIERARCHY, USING ICONS FOR EACH ELEMENT.



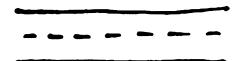
— THE VERBAL TO VISUAL NOTEBOOK —

GO ON A SOLO HIKE THROUGH THE WOODS, ALONG THE BEACH, UP A MOUNTAIN, BY THE RIVER, OR DOWN THE STREET. WHEN YOU REACH YOUR TURNAROUND POINT, SIT DOWN FOR A FEW MINUTES AND SKETCH OUT WHATEVER HAS BEEN ON YOUR MIND.



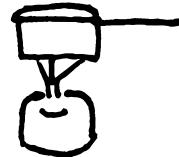
ADVENTURE

71



— THE VERBAL TO VISUAL NOTEBOOK —

THINK OF YOUR FAVORITE HOBBY. DEVELOP A SET OF ICONS RELATED TO THAT HOBBY. SKETCH OUT THOSE ICONS BELOW.



— THE VERBAL TO VISUAL NOTEBOOK —

USE THE ICONS ON THE PREVIOUS PAGE TO MAKE A DIAGRAM OR  
A SCENE SHOWING WHY YOU ENJOY THAT ACTIVITY.

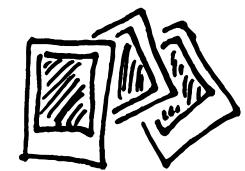
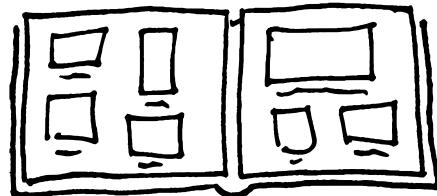


PERSONAL  
73



— THE VERBAL TO VISUAL NOTEBOOK —

GRAB AN OLD PHOTO ALBUM (PREFERABLY ONE WITH EMBARRASSING PHOTOS OF YOU AS A CHILD). FLIP THROUGH IT AND SKETCH OUT SOME OBJECTS, PEOPLE, AND SCENES. THEN ADD WORDS OF REFLECTION AROUND THOSE SKETCHES.



— THE VERBAL TO VISUAL NOTEBOOK —

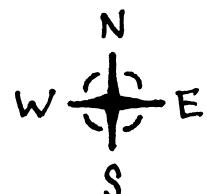
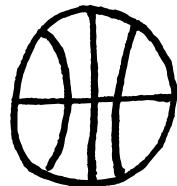
FILL THIS PAGE WITH AS MANY ALPHABETS AS YOU CAN,  
EACH WRITTEN IN A DIFFERENT STYLE.

A B C D E F G H I J K L M      N O P Q R S T U V W X Y Z



— THE VERBAL TO VISUAL NOTEBOOK —

GO TO A SPORTING EVENT. SUMMARIZE EACH QUARTER/HALF/PERIOD WITH A SKETCH.  
WHEN YOU GET BORED, SKETCH OUT THE EQUIPMENT, THE TEAM LOGOS,  
OR ANYTHING YOU SEE AROUND YOU.



ADVENTURE

76



— THE VERBAL TO VISUAL NOTEBOOK —

GET IN FRONT OF A FULL-LENGTH MIRROR. STRIKE A POSE.  
TAKE A MENTAL SNAPSHOT, THEN SKETCH A STICK FIGURE (OR SOMETHING MORE  
DETAILED) OF THAT POSE. REPEAT THAT A NUMBER OF TIMES.



PLAYFUL  
PRACTICE  
77



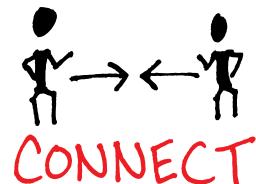
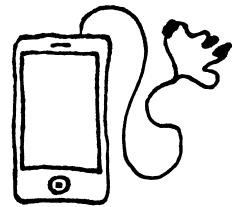
— THE VERBAL TO VISUAL NOTEBOOK —

THINK ABOUT WHAT STANDS BETWEEN YOU AND A GOAL OF YOURS.  
SKETCH THE GOAL, THOSE BARRIERS, AND HOW YOU'LL GET AROUND THEM.

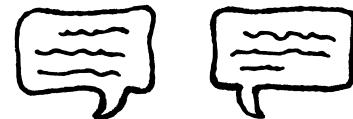


— THE VERBAL TO VISUAL NOTEBOOK —

CALL UP A FRIEND THAT YOU HAVEN'T CHATTED WITH RECENTLY.  
WHILE CHATTING, EITHER SKETCH OUT YOUR CONVERSATION OR SOMETHING IN YOUR  
IMMEDIATE ENVIRONMENT WITHOUT LOSING TRACK OF THE CONVERSATION.

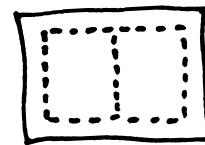
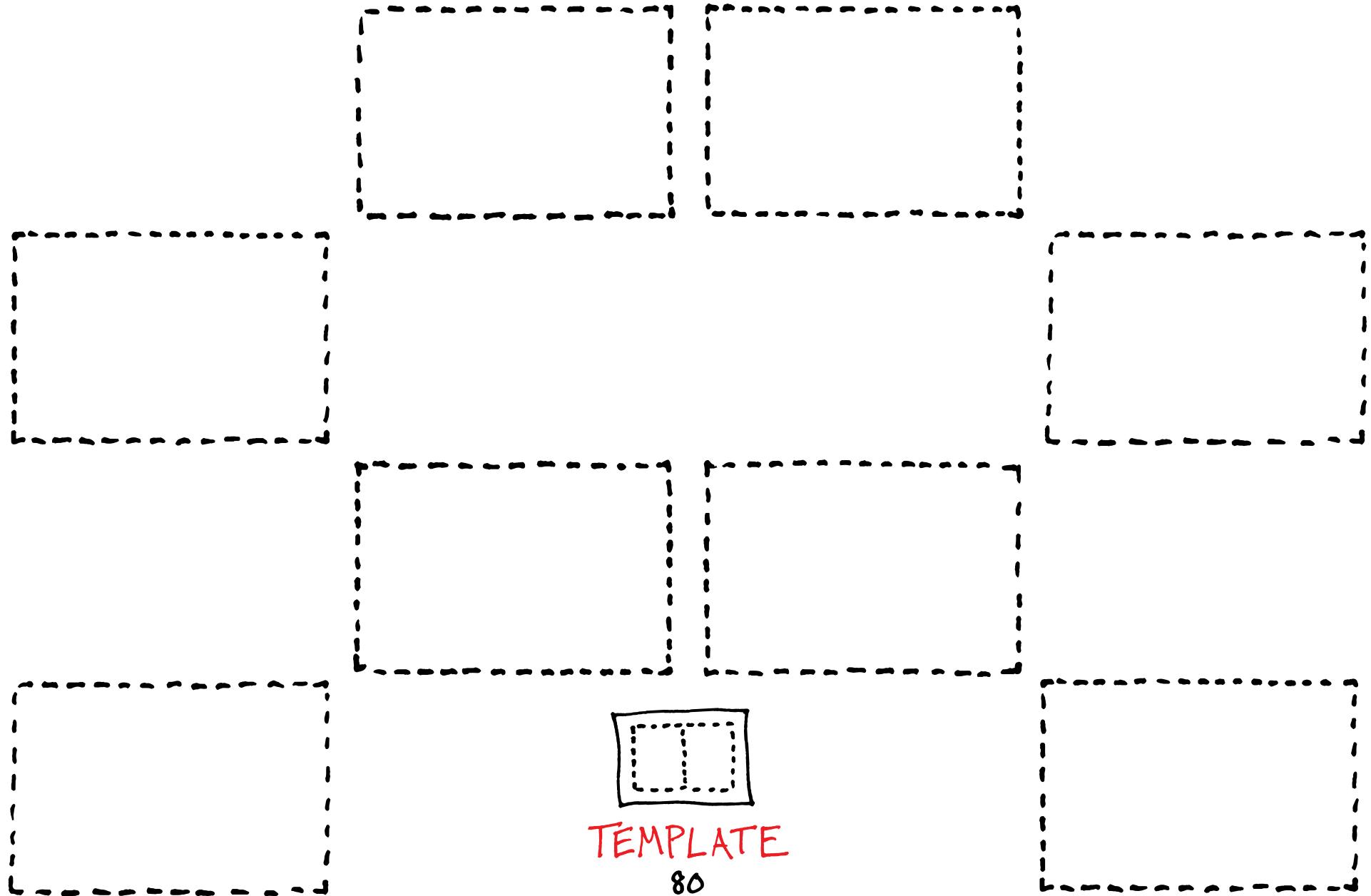


79



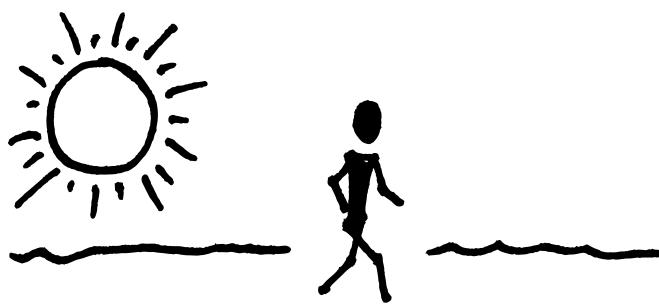
— THE VERBAL TO VISUAL NOTEBOOK —

ADD VISUALS INSIDE BOXES, TEXT OUTSIDE.

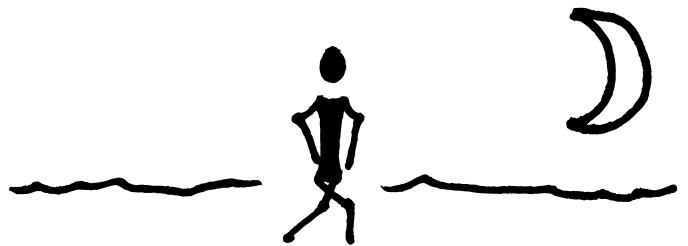


TEMPLATE

— THE VERBAL TO VISUAL NOTEBOOK —  
SKETCH OUT YOUR TYPICAL DAY.



PERSONAL  
81



— THE VERBAL TO VISUAL NOTEBOOK —  
SKETCH OUT YOUR IDEAL DAY.



PERSONAL  
82



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT THE SMALL CHANGES YOU CAN MAKE OVER TIME  
TO MOVE FROM YOUR TYPICAL DAY TO YOUR IDEAL DAY.



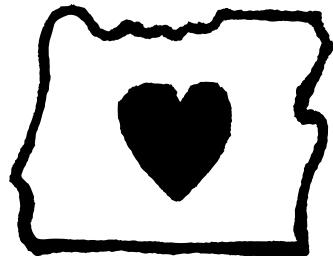
SKETCH → THEN → DO

83

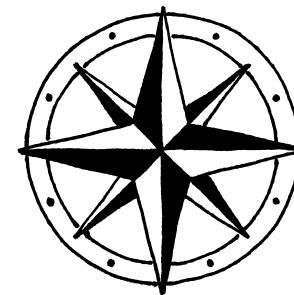


— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT TATTOOS THAT YOU CURRENTLY HAVE OR WOULD MAYBE CONSIDER GETTING.

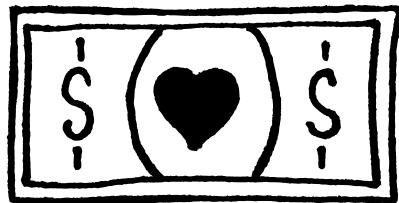


PLAYFUL  
PRACTICE  
84

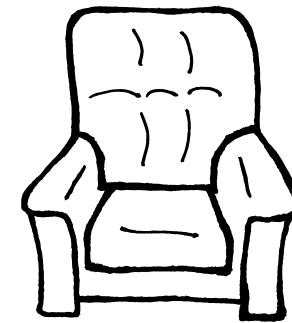


— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT TATTOOS THAT YOU WOULD NEVER IN YOUR LIFE GET.

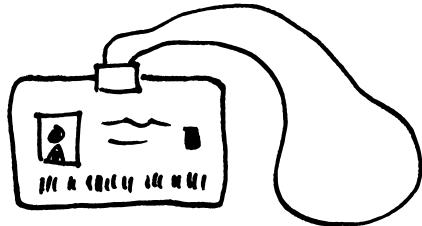


PLAYFUL  
PRACTICE  
85

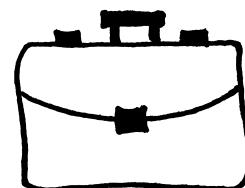


— THE VERBAL TO VISUAL NOTEBOOK —

THINK OF EIGHT PROFESSIONS THAT INTRIGUE YOU. FOR EACH, SKETCH  
A FIGURE OF SOMEONE ENGAGED IN THAT PROFESSION.

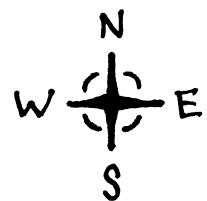


PLAYFUL  
PRACTICE  
86



— THE VERBAL TO VISUAL NOTEBOOK —

GO ON A ROAD TRIP. SKETCH ONE THING AT EACH PLACE YOU STOP.

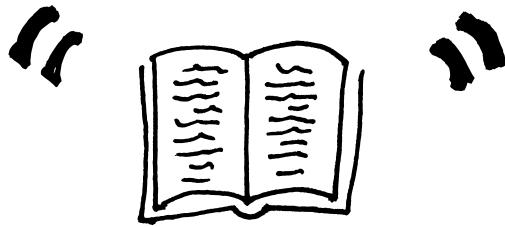


ADVENTURE



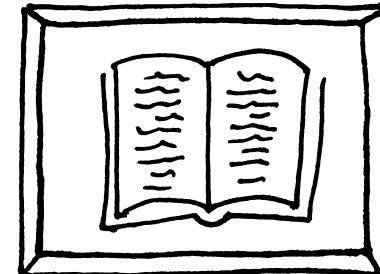
— THE VERBAL TO VISUAL NOTEBOOK —

GET IMMersed IN A GOOD FICTION BOOK. AT THE END OF EACH CHAPTER SKETCH OUT YOUR FAVORITE QUOTE OR SCENE FROM THAT CHAPTER.



PLAYFUL  
PRACTICE

88



— THE VERBAL TO VISUAL NOTEBOOK —

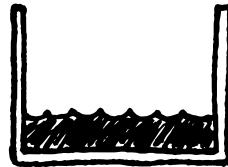
SKETCH OUT DAILY ACTIVITIES  
THAT ADD ENERGY TO YOUR TANK.



SKETCH OUT DAILY ACTIVITIES  
THAT REMOVE ENERGY FROM YOUR TANK.

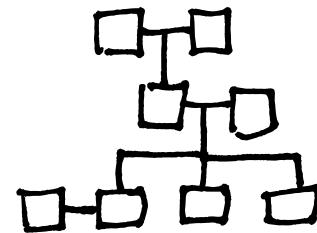
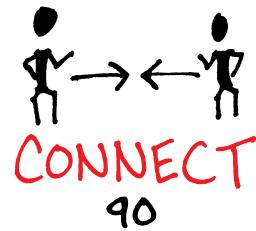
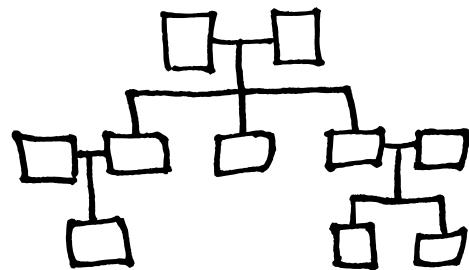


(TIP: ON ANY GIVEN DAY, TRY TO HAVE A BALANCE OF BOTH)



— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT YOUR OWN FAMILY TREE, DRAWING THE FACE OF EACH FAMILY MEMBER, THE NAME, AND ANY OTHER INFO YOU'D LIKE TO INCLUDE.



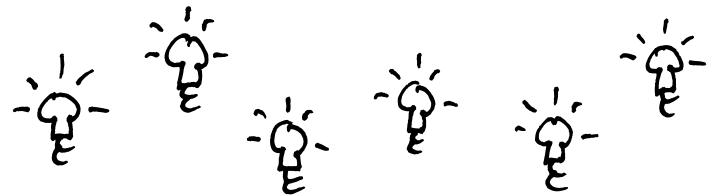
— THE VERBAL TO VISUAL NOTEBOOK —

LISTEN TO AN INTERVIEW WITH SOMEONE YOU ADMIRE. SEE IF YOU CAN PULL OUT GRAINS OF TRUTH ABOUT LIFE IN GENERAL. SKETCH OUT THOSE TRUTHS.



PLAYFUL  
PRACTICE

91

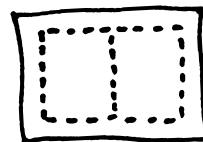


— THE VERBAL TO VISUAL NOTEBOOK —

SOURCE #1 NOTES



↑  
WHAT CONNECTIONS, CONTRADICTIONS,  
AND COMBINATIONS DO YOU SEE?



TEMPLATE  
92

SOURCE #2 NOTES



— THE VERBAL TO VISUAL NOTEBOOK —

WRITE YOUR OWN MOVIE PLOT USING A DIAGRAM OR TIMELINE.  
MAKE SURE IT HAS AT LEAST ONE ACTION SEQUENCE (SEE NEXT PAGE).

MAN FACES  
QUARTER-LIFE  
CRISIS

MAN HIKES PACIFIC  
CREST TRAIL IN  
SEARCH OF TRUTH

PLAYFUL  
PRACTICE

93

MAN GETS CHASED  
BY DINOSAURS  
THROUGH WOODS

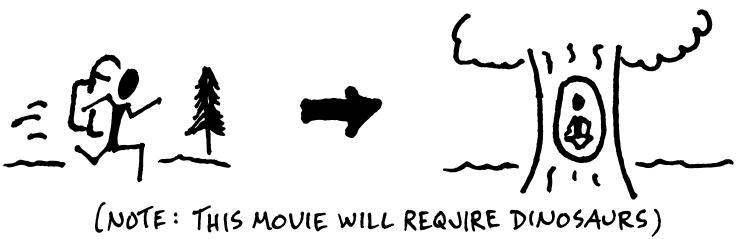
MAN OUTSMARTS  
DINOSAURS, LIVES IN  
TREE FOR REST OF LIFE

— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT AN ACTION SEQUENCE FOR A MOVIE OF YOUR OWN CREATION.  
INCLUDE YOUR MAIN CHARACTER IN ACTION WHENEVER POSSIBLE.



PLAYFUL  
PRACTICE  
94



(NOTE: THIS MOVIE WILL REQUIRE DINOSAURS)

— THE VERBAL TO VISUAL NOTEBOOK —

GO OUTSIDE, CLOSE YOUR EYES, AND LISTEN. TRY TO IDENTIFY EVERYTHING YOU HEAR.  
THEN OPEN YOUR EYES AND SKETCH OUT EACH THING.



PLAYFUL  
PRACTICE  
95



— THE VERBAL TO VISUAL NOTEBOOK —

WATCH A MOVIE OR TV SHOW WITH A DETECTIVE AS THE MAIN CHARACTER. SKETCH OUT THE EVIDENCE AS IT COMES. SEE IF YOU CAN SOLVE THE CRIME BEFORE THE CHARACTER DOES.

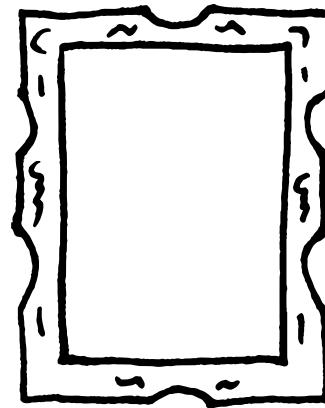
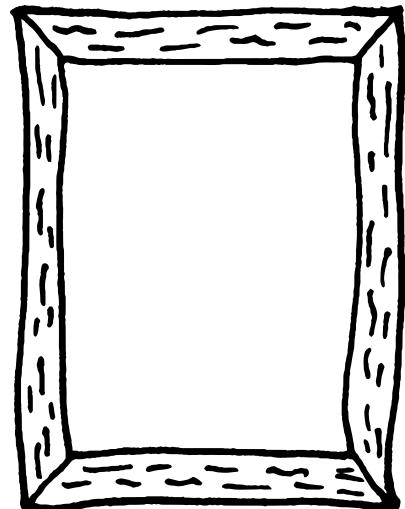
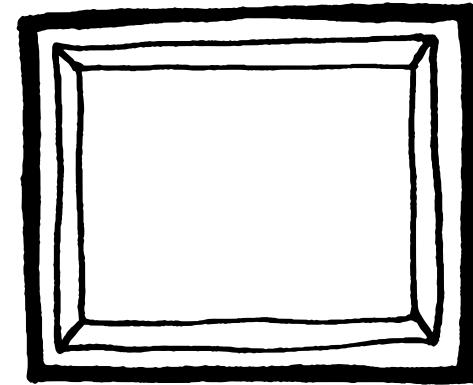
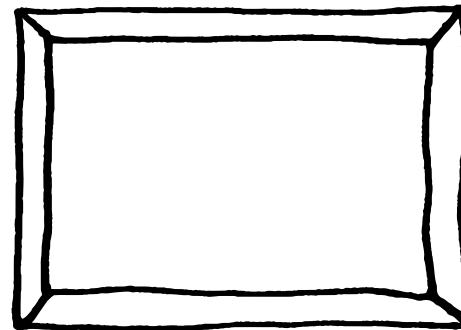
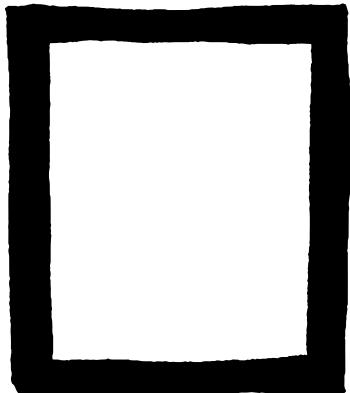


PLAYFUL  
PRACTICE  
96



— THE VERBAL TO VISUAL NOTEBOOK —

FILL THESE FRAMES WITH FACES OF PEOPLE OF YOUR CHOOSING.



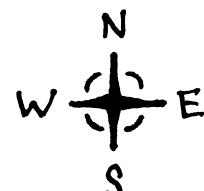
PLAYFUL  
PRACTICE

97

AND DRAW A FEW OF ↑  
YOUR OWN FRAMES TOO

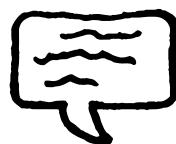
— THE VERBAL TO VISUAL NOTEBOOK —

GO TO A COFFEE SHOP OR ANOTHER PUBLIC PLACE. EAVESDROP. WRITE WHAT YOU HEAR AND ENCLOSE THE STATEMENTS WITHIN SPEECH BUBBLES.  
(PLAY AROUND WITH DIFFERENT BUBBLE STYLES)



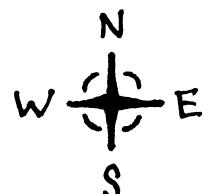
ADVENTURE

98

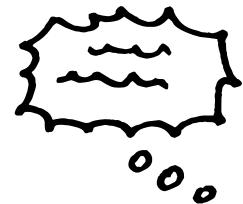


— THE VERBAL TO VISUAL NOTEBOOK —

NOW SUBTLY SPY ON PEOPLE NOT TALKING. DO A QUICK SKETCH OF THE PERSON, THEN IMAGINE WHAT THEY ARE THINKING, AND INCLUDE THAT IN A THOUGHT BUBBLE. (PLAY AROUND WITH DIFFERENT BUBBLE STYLES. OH, AND TRY NOT TO GET CAUGHT SPYING.)

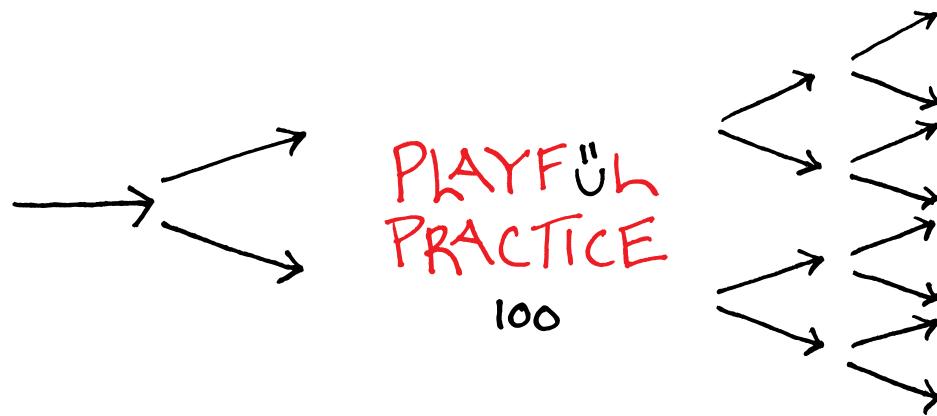


ADVENTURE  
99



— THE VERBAL TO VISUAL NOTEBOOK —

THINK OF AN EVENT THAT WOULD SET OFF A CHAIN REACTION. SKETCH OUT THAT EVENT, AND THEN A DIAGRAM OF THE CHAIN REACTION THAT WOULD FOLLOW.



— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.

PLAYFUL  
PRACTICE  
101

THEN DO IT !

— THE VERBAL TO VISUAL NOTEBOOK —

GET TO A PUBLIC PLACE WHERE YOU CAN NON-CREEPILY WATCH OTHER PEOPLE.  
TAKE MENTAL SNAPSHOTS AS PEOPLE WALK BY. THEN TRY SKETCHING  
THAT PERSON (IN AS MUCH/LITTLE DETAIL AS YOU LIKE).



PLAYFUL  
PRACTICE  
102



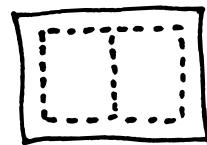
— THE VERBAL TO VISUAL NOTEBOOK —

PICK SOME PROCESS THAT OCCURS IN NATURE. DEVELOP A SET OF ICONS TO REPRESENT THAT PROCESS, AND THEN USE THOSE ICONS TO SKETCH OUT THE PROCESS.



— THE VERBAL TO VISUAL NOTEBOOK —

USE FOUR COLORS ~ ONE FOR TEXT, ONE FOR IMAGES (BOTH DARKISH),  
ONE FOR HIGHLIGHTING IDEAS, AND ONE FOR CONNECTING IDEAS (BOTH LIGHTISH).



TEMPLATE  
104

— THE VERBAL TO VISUAL NOTEBOOK —

THINK ABOUT THE MOST BORING THING YOU HAVE TO DO EACH DAY. SKETCH OUT THAT THING STEP BY STEP. THEN CONSIDER WAYS TO MAKE IT LESS BORING. ADD THOSE ADJUSTMENTS TO YOUR SKETCH. NEXT TIME DO IT THE LESS BORING WAY.

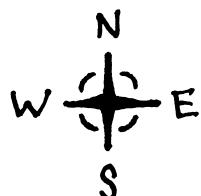


— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY. SKETCH → THEN → DO  
106 THEN DO IT !

— THE VERBAL TO VISUAL NOTEBOOK —

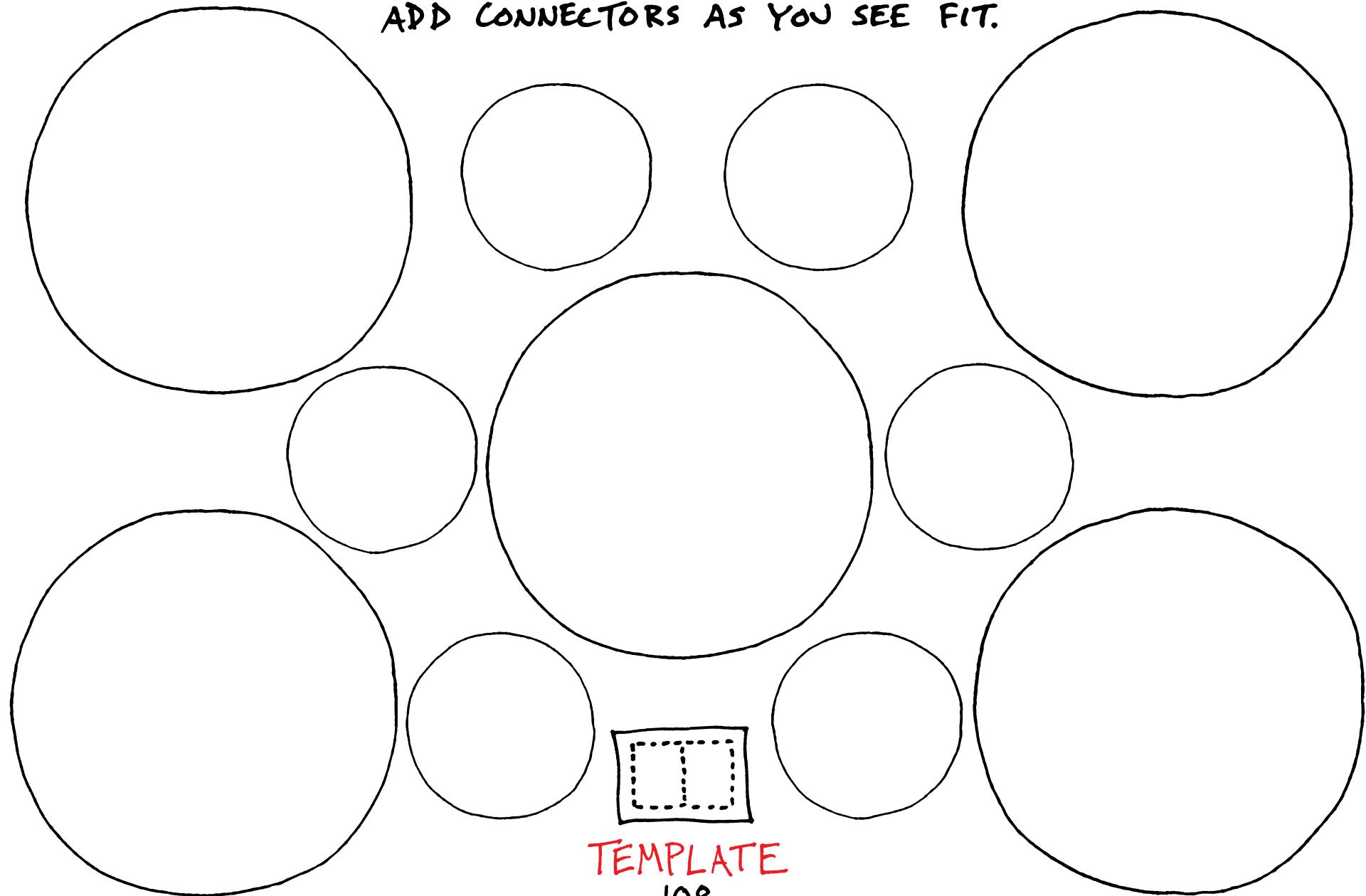
GO OUTSIDE ON A CLEAR NIGHT. LOOK UP AT THE STARS AND MAKE UP YOUR OWN CONSTELLATIONS. SKETCH THEM OUT AND GIVE THEM NAMES. (TIP: USE A RED LIGHT TO SEE YOUR SKETCHBOOK WHILE YOU'RE OUT THERE)



ADVENTURE  
107

— THE VERBAL TO VISUAL NOTEBOOK —

FILL BIG CIRCLES WITH BIG IDEAS, SMALL CIRCLES WITH SMALLER IDEAS.  
ADD CONNECTORS AS YOU SEE FIT.



TEMPLATE  
108

— THE VERBAL TO VISUAL NOTEBOOK —

DURING THE NEXT ELECTION CYCLE, PICK A DEBATE TO WATCH.  
WHILE WATCHING, SKETCH OUT THE SIMILARITIES AND DIFFERENCES  
BETWEEN EACH CANDIDATE'S VIEWS.

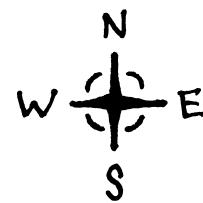
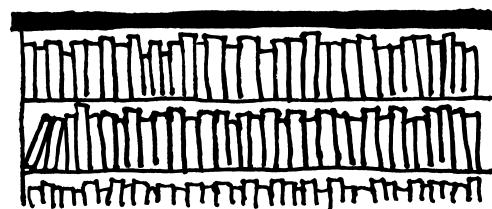


PURPOSEFUL  
PRACTICE  
109

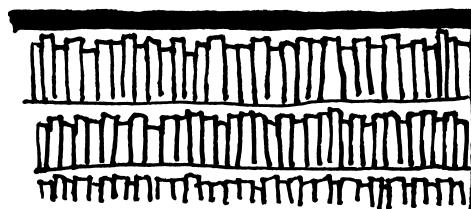


— THE VERBAL TO VISUAL NOTEBOOK —

GO VISIT THE CLOSEST PUBLIC LIBRARY. FIND A BOOK THAT LOOKS INTERESTING.  
FLIP OPEN TO THE MIDDLE. SKETCH OUT WHATEVER YOU FIND THERE.



ADVENTURE  
110



— THE VERBAL TO VISUAL NOTEBOOK —

DRAW MASKS (THINK THEATER STYLE) THAT CONVEY AN EMOTION, MOOD, OR THEME.

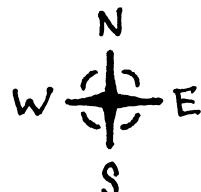


PLAYFUL  
PRACTICE  
!!!



— THE VERBAL TO VISUAL NOTEBOOK —

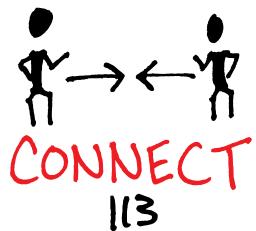
GO ON A NATURE WALK. EVERY 5 OR 10 MINUTES OF WALKING,  
STOP AND SKETCH SOMETHING YOU SEE. ADD SOME TEXT IF YOU'D LIKE.



ADVENTURE  
112

— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.

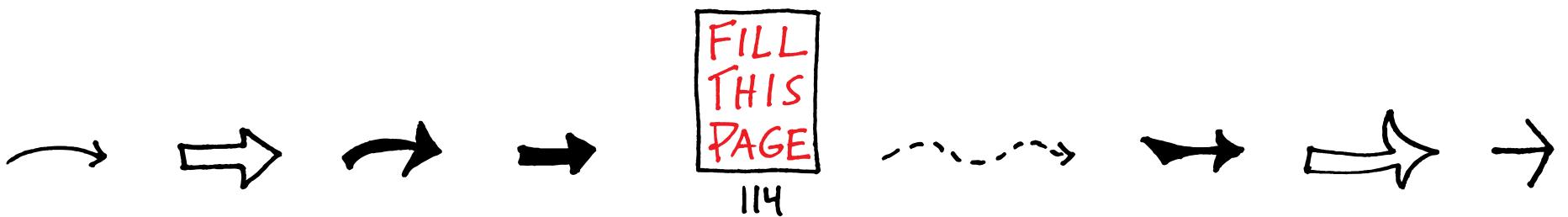


CONNECT  
113

THEN DO IT!

— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH ARROWS OF VARIOUS  
SIZE, STYLE, AND INTENTION.



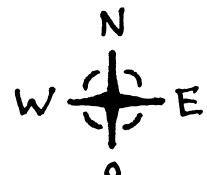
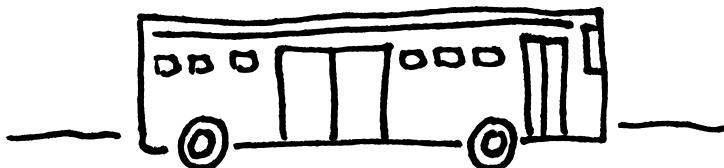
— THE VERBAL TO VISUAL NOTEBOOK —

WATCH OR LISTEN TO A NEWS PROGRAM SHARING POLITICAL VIEWS OPPOSITE YOUR OWN.  
LISTEN FOR THEIR ARGUMENT REGARDING A CONTROVERSIAL TOPIC. SKETCH OUT THAT  
ARGUMENT. IF DIFFERENT, SKETCH OUT YOUR VIEWS ON THE SAME TOPIC. LOCATE  
POINTS OF AGREEMENT AND DISAGREEMENT (TIP: DON'T BE A JERK ABOUT IT.)

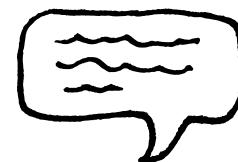


— THE VERBAL TO VISUAL NOTEBOOK —

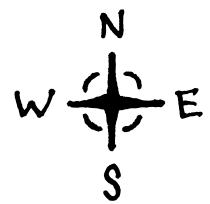
THE NEXT TIME YOU TAKE PUBLIC TRANSPORTATION, TRY TO START UP A CONVERSATION WITH A STRANGER. AFTER THE CONVO, SKETCH OUT WHAT YOU CAN REMEMBER.



ADVENTURE  
116



— THE VERBAL TO VISUAL NOTEBOOK —



CREATE YOUR OWN ACTIVITY.

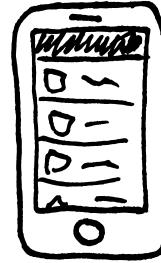
ADVENTURE  
117

THEN DO IT!

— THE VERBAL TO VISUAL NOTEBOOK —  
SKETCH OUT WHAT YOU DO AND WHO YOU INTERACT WITH ONLINE.



PERSONAL  
118



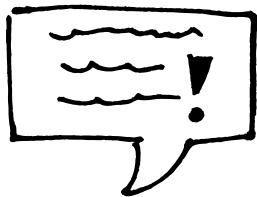
— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT WHAT YOU DO AND WHO YOU INTERACT WITH OFFLINE.

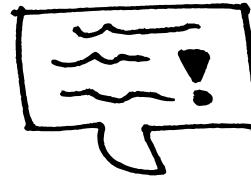


— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT A DIAGRAM OF HOW YOU WOULD LIKE TO ACT WHEN IN AN ARGUMENT.  
TEST IT OUT. REFINED AS NEEDED.

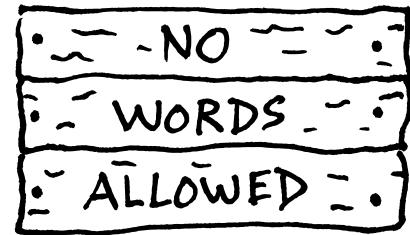


PERSONAL  
120

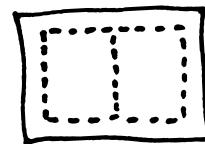


— THE VERBAL TO VISUAL NOTEBOOK —

LEAVE YOUR LETTERS  
AT HOME.



GOING VISUAL-ONLY  
ON THIS ONE.



TEMPLATE  
121

— THE VERBAL TO VISUAL NOTEBOOK —

FILL THIS PAGE WITH STREAM OF CONSCIOUSNESS WRITING.



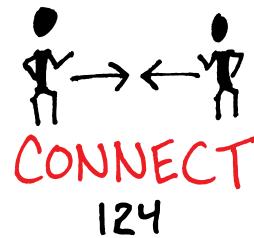
— THE VERBAL TO VISUAL NOTEBOOK —

SKETCH OUT THE MOST INTERESTING THINGS ON THE PREVIOUS PAGE.



— THE VERBAL TO VISUAL NOTEBOOK —

ASK SIX FRIENDS THE ONE THING THAT THEY MOST KNOW TO BE TRUE.  
SKETCH OUT THE RESPONSES.



— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.

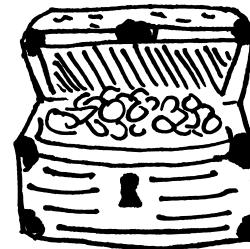
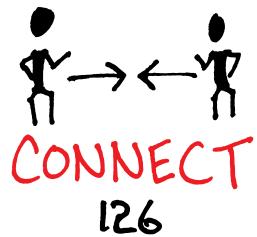


PERSONAL  
125

THEN DO IT !

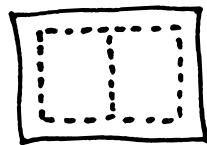
— THE VERBAL TO VISUAL NOTEBOOK —

CREATE A TREASURE HUNT FOR YOUR SON/DAUGHTER/NIECE/NEPHEW/NEIGHBOR.  
SKETCH OUT THE HINTS TO DIRECT THE TREASURE SEEKERS FROM ONE CLUE TO THE NEXT.  
PLACE ART SUPPLIES (OR ANOTHER PRIZE OF YOUR CHOICE) AT THE FINAL LOCATION.



— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN ACTIVITY.



TEMPLATE  
127

THEN DO IT !

— THE VERBAL TO VISUAL NOTEBOOK —

CREATE YOUR OWN  
CATEGORY  
AND ACTIVITY.

THEN DO IT !

III.

ONWARD

— THE VERBAL TO VISUAL NOTEBOOK —

# SAY HELLO

SO, HOW'D THAT ALL GO FOR YOU?

DON'T HESITATE TO REACH OUT AND LET ME KNOW.



VERBALTOVISUAL.COM



@douglasphneill



DOUG@VERBALTOVISUAL.COM

# INSPIRATION

HERE ARE SOME OF THE FOLKS WHO HAVE INSPIRED ME AS I HAVE BEEN EXPLORING THE WORLD OF IDEAS MADE VISUAL. DIG INTO THEIR WORK AND YOU WON'T BE DISAPPOINTED.

SUNNI BROWN

[SUNNIBROWN.COM](http://SUNNIBROWN.COM)

HUGH MACLEOD

[GAPINGVOID.COM](http://GAPINGVOID.COM)

MIKE ROHDE

[ROHDESIGN.COM](http://ROHDESIGN.COM)

SCOTT MCCLOUD

[SCOTTMCCLOUD.COM](http://SCOTTMCCLOUD.COM)

DAN ROAM

[DANROAM.COM](http://DANROAM.COM)

DAVE GRAY

[DAVEGRAYINFO.COM](http://DAVEGRAYINFO.COM)

MICHAEL NOBBS

[SUSTAINABLYCREATIVE.COM](http://SUSTAINABLYCREATIVE.COM)

AUSTIN KLEON

[AUSTINKLEON.COM](http://AUSTINKLEON.COM)

BRANDY AGERBECK

[LOOSETOOTH.COM](http://LOOSETOOTH.COM)

— THE VERBAL TO VISUAL NOTEBOOK —

# IN CLOSING

SO, HERE WE ARE AT THE END OF THE BOOK. I HOPE THAT YOU LEARNED SOMETHING FROM ALL OF THOSE ACTIVITIES, AND THAT YOU'RE NOW MORE CONFIDENT IN YOUR SKILLS AS A SKETCHER OF IDEAS.

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IF YOU'RE FEELING LIKE YOU COULD USE SOME MORE PRACTICE, I ENCOURAGE YOU TO GIVE SOME OF YOUR FAVORITE ACTIVITIES ANOTHER GO, TWEAK SOME OF THE ONES YOU FOUND LESS INTERESTING, OR MAKE UP A FEW MORE OF YOUR OWN.

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BUT MAYBE MORE IMPORTANTLY, I HOPE THAT YOU NOW TAKE THE SKILLS THAT YOU HAVE BEEN HONING THROUGHOUT THIS BOOK AND USE THEM ON PROJECTS THAT YOU ARE EXCITED ABOUT, BOTH IN YOUR PROFESSIONAL LIFE AND IN YOUR PERSONAL LIFE.

BEST OF LUCK,  
DOUG