

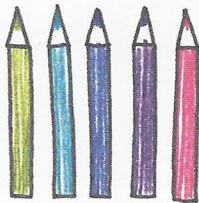
DISTRACTIONS

What distracts you from getting things done?

Keep your journal near you, and as you are working, make note of the distractions.

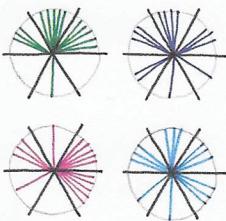
Once all surveys have been completed, compare them to see what distracts you most!

1. Any color of pen or pencil can be used.

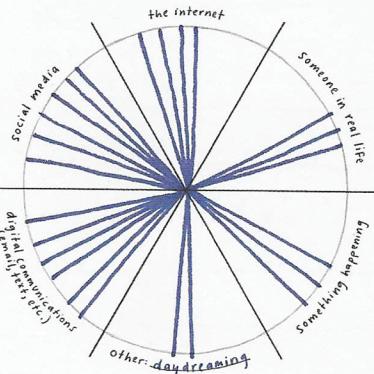


2. Before you begin, write down the date, start time, and the task you are working on.

TASK: writing emails
DATE: June 19
TIME: 2:30-

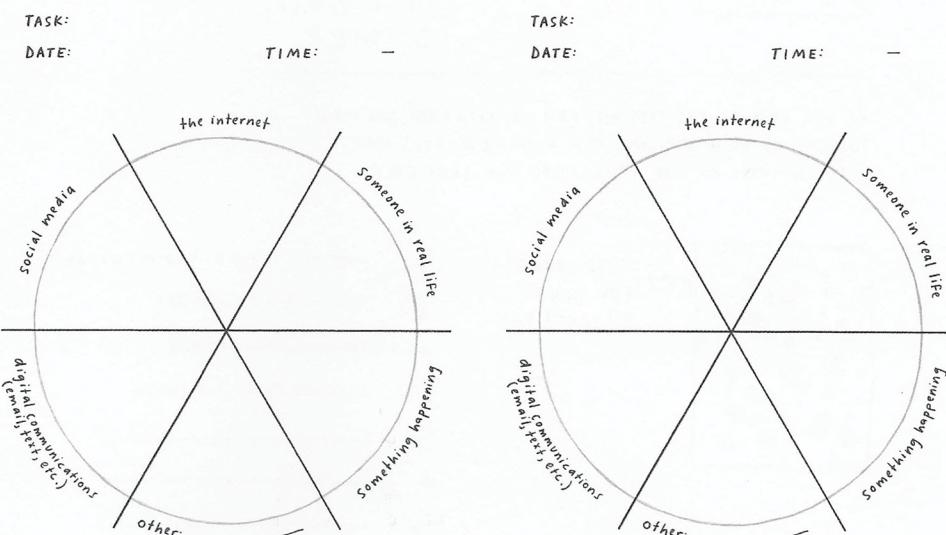
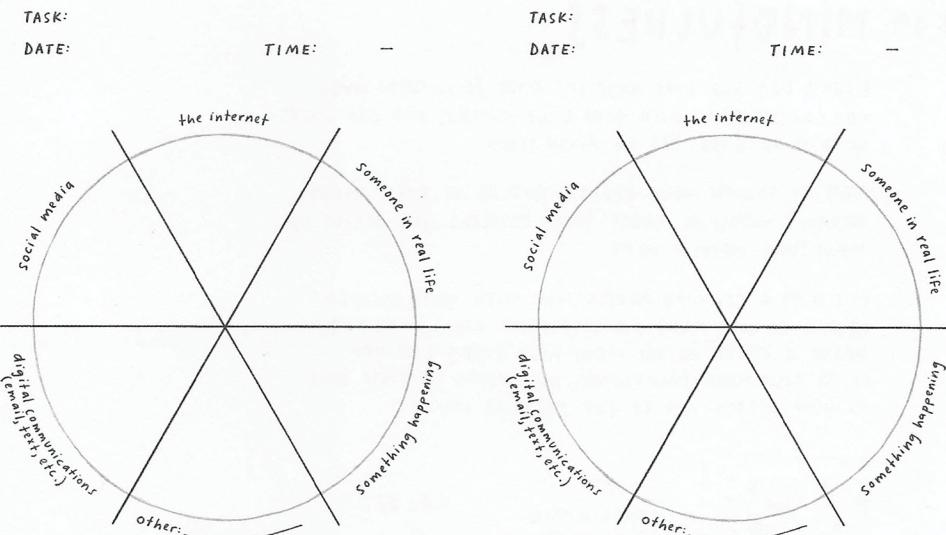


3. For every distraction draw a line from the center of the diagram to the distraction.



4. When you have finished collecting distractions, check the time and write it down!

TASK: writing emails
DATE: June 19
TIME: 2:30-3:30



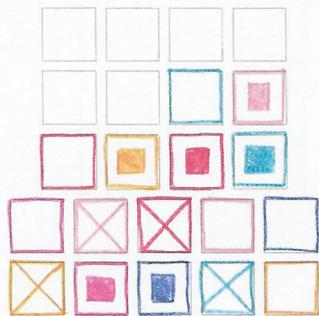
MY WORRIES

What do you worry about, and is this worrying often unnecessary?

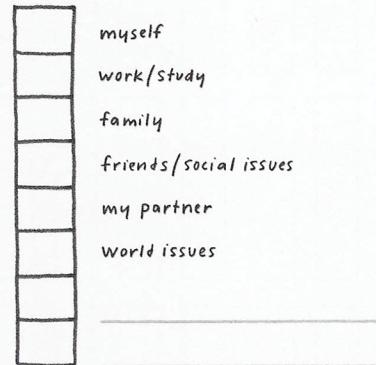
For one week, from MONDAY to FRIDAY, whenever you worry, make a note on your phone. Once it's logged, do your best to stop worrying. (Distraction can help!)

Every evening (or the following morning), draw your worries, following the rules below.

1. Each SYMBOL= one worry



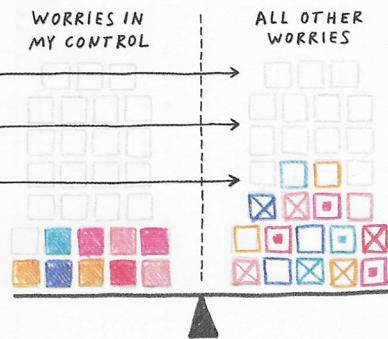
2. COLOR= what you're worrying about



3. The symbol's PATTERN= your reflective assessment of the worry

- It's not likely/realistic this worry will happen
- This worry is out of my control
- This worry is in my control but is NOT my responsibility
-

4. Starting at the bottom, draw worries on the side of the Scale as below:



Data collected from _____ to _____

MY PHONE

The apps on your phone are a window to your soul. What can you discover about yourself?

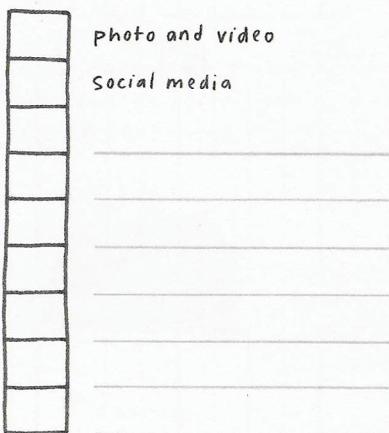
Write down every app on your phone and then categorize and draw your apps following the instructions below.

1. Each app is represented by a circular SYMBOL



Apps are ordered on the grid from least to most used →

2. COLOR = the app's genre



3. SHAPE = how often you've used the app

- I've never used it
- only once or twice
- ⊕ occasionally
- ★ semi-regularly
- all the time

4. CIRCLE the apps that you would be embarrassed to tell others about.

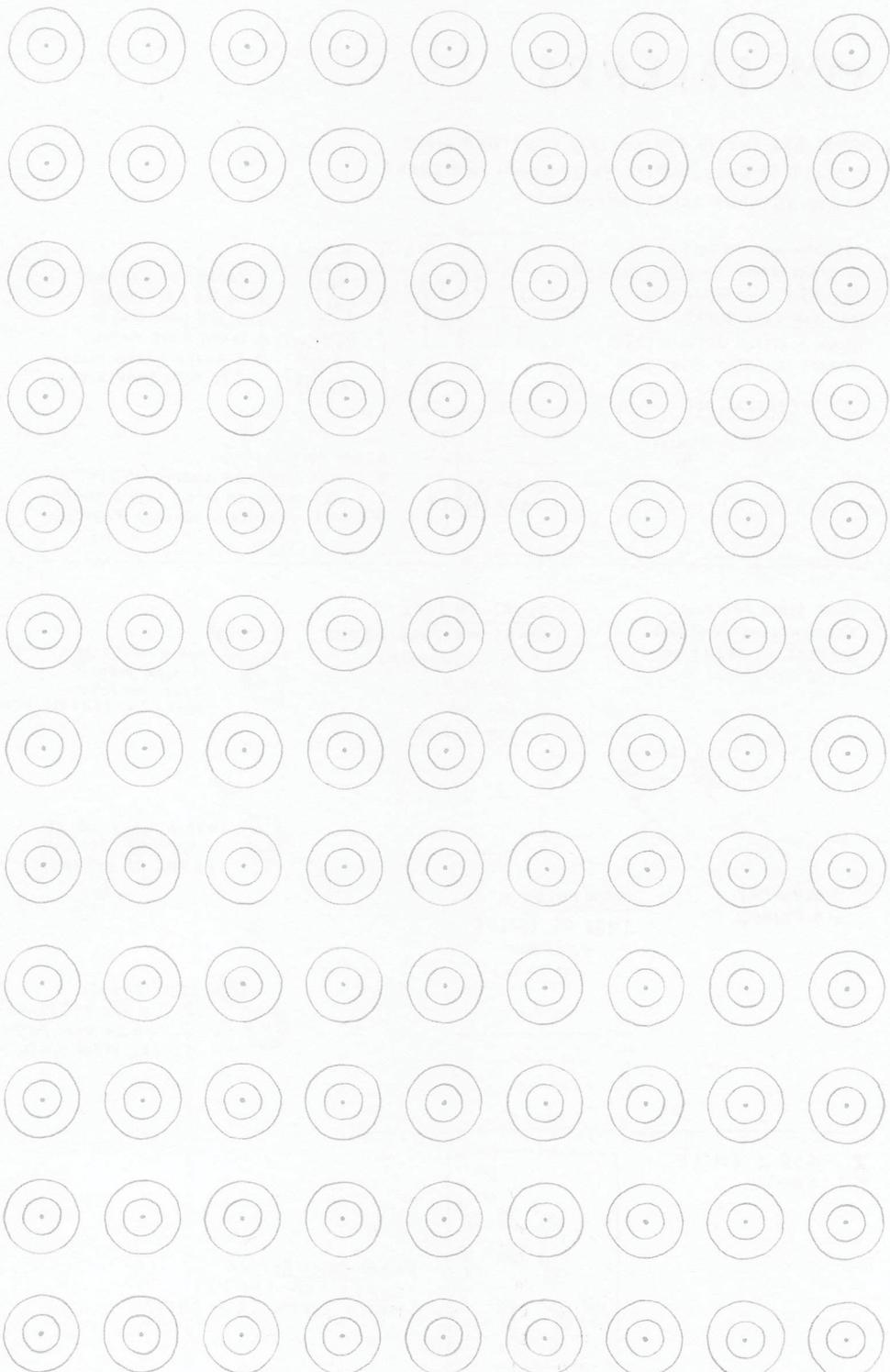


5. Add DETAILS of your most and least favorite apps in the margins!



my favorite
camera app!

Data collected on _____



WHAT MY CAMERA SEES

What do you normally train your camera on?

Open the photo album on your phone and/or computer.



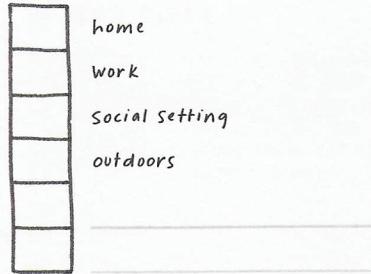
Choose a time period you want to survey (there's room for 160 photos), and add your dates to the drawing.



Each photo is represented by a COLOR and a SYMBOL.



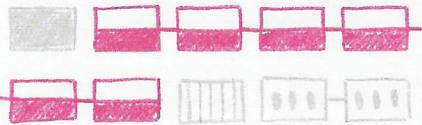
1. COLOR = the location
of the photo



2. The SYMBOL = the type
of photo you took



3. Connect multiple photos taken of the same thing.



4. Underline the photos actually worth keeping for the future!



5. Add additional notes in the margins near the photos.



Photos were taken from _____ to _____