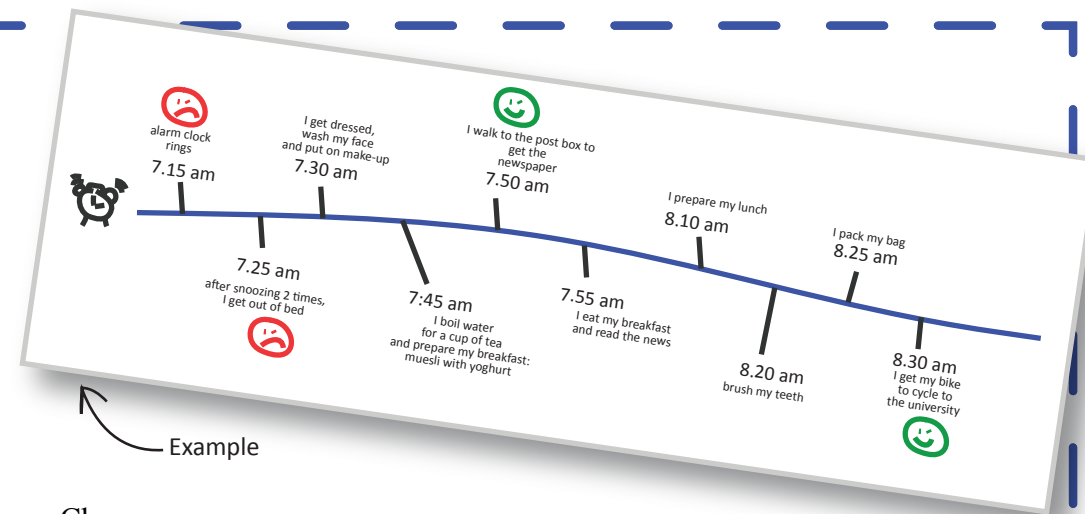
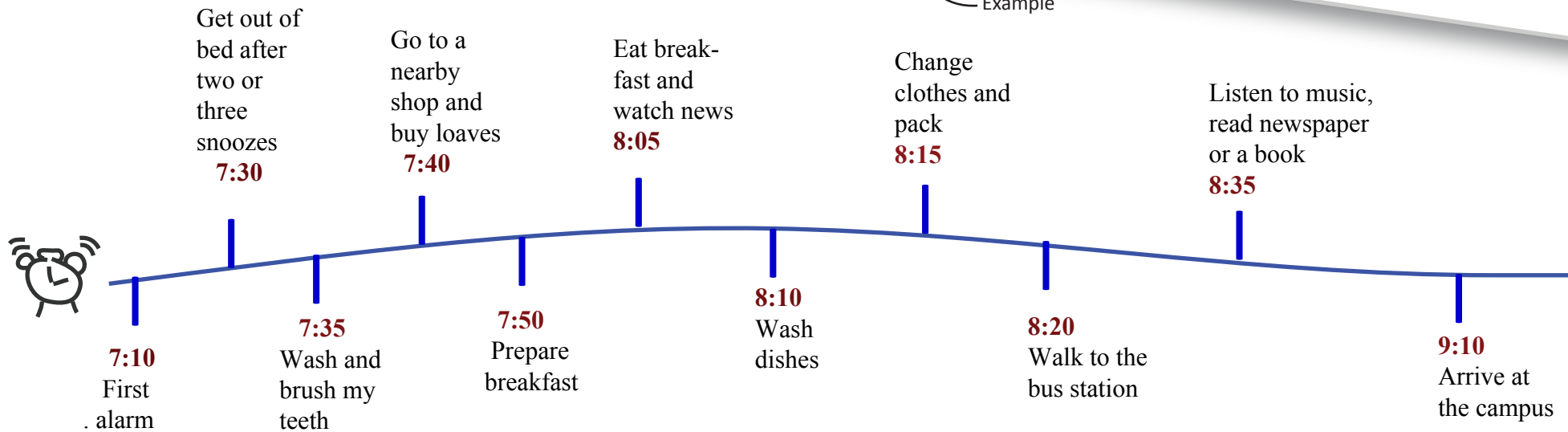


# Assignment 1.1:

## 1: Timeline for your morning ritual



Example

# Assignment 1.2

## 1. WHAT? What is a morning ritual?

e.g.: there is a time frame

You wake up from sleep

Time when you eat breakfast

Prepare for work

Personalities of your morning ritual:  
make a distinction between weekends and weekdays

### Weekdays

e.g.: tight

Purposeful  
distressing  
bustling  
energetic  
hectic  
dominating

### Weekend

loose

relaxing  
indulging  
carefree  
dull  
docile

## 2. HOW?

### How do you interact with your morning ritual?

#### WEEKDAYS

##### Step 1:

What type of relationship do you have with your morning ritual?

##### Uncooperative:

The moment you wake up the whole purpose of the 'new day' is suddenly swarmed by things to do to just prepare for work. There is hardly any leeway.



##### Step 2:

Think of an analogy for the type of relationship you have with your morning ritual.

##### Ticking bomb:

You wake up and there is a bomb to defuse within the time the bus lives. The bomb is there every morning and the steps are routine.

#### WEEKENDS

##### Step 1:

What type of relationship do you have with your morning ritual?

##### Indifferent:

My weekends ritual is hardly consistent. The indifference with regards to the ritual is mutual.



##### Step 2:

Think of an analogy for the type of relationship you have with your morning ritual.

##### Neutrons:

Neutrons aren't attracted or repelled by any other particle. They are in their own world.

# 3. WHY?

## Understanding why your morning ritual is the way it is

### WEEKDAYS

#### Step 1:

Describe how the interaction with your morning ritual makes you feel. Why is this the case?

I hate to feel that my sleep is taken away by an alarm even if I am half awake. So I usually opt for snoozing. In the meantime I want to complete the usual routines in time. These two usually come at odds and I usually end up rushing.



#### Step 2:

Think about the different factors that influence your feelings regarding your morning ritual.

- the consequence of a bus missed is a combination of a taxi and a mini-bus which is more expensive and lengthy.
- I would feel hungry if I don't eat a proper breakfast.
- not taking enough sleep would cause fatigue.

### WEEKENDS

#### Step 1:

Describe how the interaction with your morning ritual makes you feel. Why is this the case?

I feel like I am indulging myself and in total control, with no alarm and hurry. The lack of load or responsibility makes it more personal and detached.



#### Step 2:

Think about the different factors that influence your feelings regarding your morning ritual.

- the sense of rewarding oneself for hardwork.
- hatred of alarm sometimes makes my sleep too long.