

DISTRACTIONS

What distracts you from accomplishing your daily tasks?

Keep your journal for three days and make notes of your distractions. You'll be surprised to see what distracts you the most!

1. Any color of pen or pencil can be used.
2. Before you begin, write down the date.
3. For every distraction, color in a box with the distraction.

Color Code

Internet

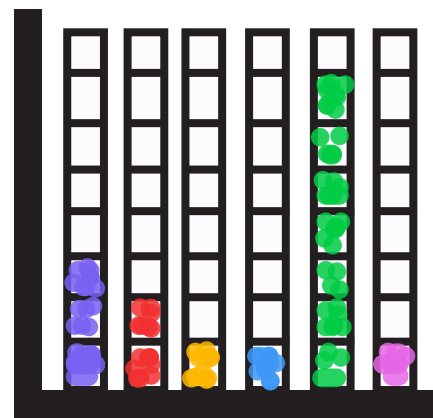
Social Media

Digital Interaction

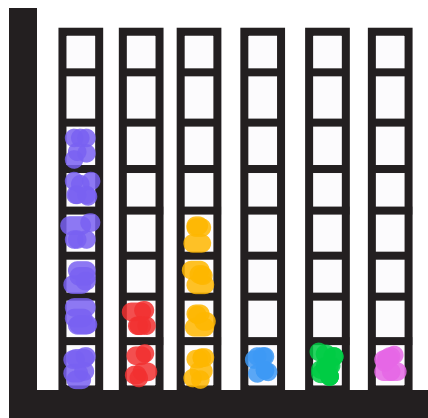
Something Happening

Someone in Real Life

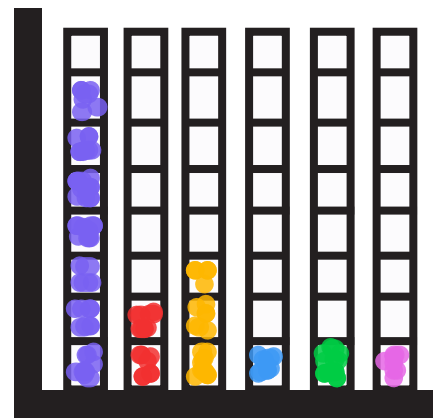
Other



Date : 1 / 8 / 24



Date : 1 / 9 / 24



Date : 1 / 10 / 24

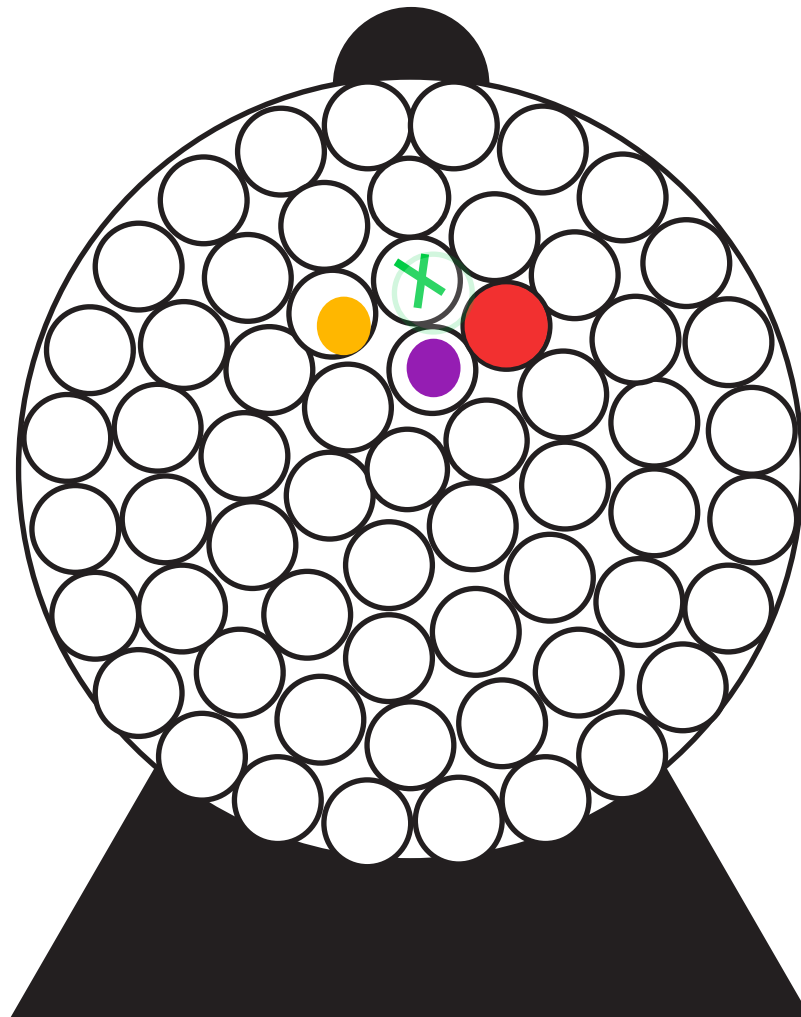
MY WORRIES

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

For three days, whenever you worry, make a note. Once it's logged, do your best to stop worrying.

Draw your worries. following theses rules.

1. Each SYMBOL= one worry
2. COLOR= What you're worrying about
3. The symbol's PATTERN= your reflective assessment of the worry
4. Color in the circles with your worries.



MONEY

WORK/STUDY

THE WORLD

FRIENDS/ROOMMATES/SIGNIFICANT OTHER

Color Code

-  MONEY
-  WORK/STUDY
-  THE WORLD
-  FRIENDS
-  FAMILY
-  MYSELF
-  OTHER

Patterns

-  Worry won't happen
-  Worry is out of my control
-  Worry isn't my responsibility
-  Worry is in my control, and I can do something about it!

Data was taken from to

MY CAMERA ROLL








What do you like to take pictures of?

Open the photo album on your phone and/or computer.
Look at your last 20 photos that you took.







Record your pictures on the following chart!

Each photo is represented by a COLOR and a SYMBOL.

1. COLOR= the location of the photo

	Home
	Work
	Social Setting
	Outdoors
	School
	Car
	Other

2. The SYMBOL= the type of the photo you took

	Selfie
	Group/Others
	Landscape/Cityscape
	Interior/Still-life
	Documentation
	Screenshot

3. Connect multiple photos taken of the same thing.

