Observation 2 - Self

After about a week of self-observation, I feel I can narrow about 99% of my personal time habits to a singular source. That source is my constant need to fill time and consume information. When I am around other people ist is less noticeable because I am "busy" with my surroundings. However, when I am alone, I have habits to fill that need for information. For example, the classic teenage phone addiction. For myself, it is especially bad when I am alone because there is very little fear I am going to offend someone by being on my phone. My mind is always seeking a way to gather information or satisfy myself mentally. Some of the other free time pastimes include constantly switching songs, checking online stores for deals, changing wallpapers, catching Pokemon, checking app stores for updates, and looking for snacks. One of my free time activities I would like to speak on further because I feel there is potential for improvement and that is bad habits. I personally have a problem with biting my nails. It has been such a long-time habit that when I am alone, at any break in my work or studies, my nails instinctively move to my teeth. This to me is a health concern, as well as just a general habit to stop. However, I brought it up because I feel that it is a worthwhile venture to look into how I could be more productive during an alone time when I am not exercising bad habits.

Alone time always allows for personal reflection. My alone time, when I am not focused on other topics, often results in that personal observation. I think about how my actions and classes might affect my future. However, my personal reflection is never deep. It is often "surface level" thoughts and I think this is because of the frequent, outside of my head, distractions. Schoolwork, exam prep, people, classes, and crosswalks are just a few of the many examples of things that stop me from contemplating my future and the big picture in greater detail.

I feel that this observation week has provided me opportunities to reflect on my own behavior as well as contemplate ideas for designs which if not pursued in this class, may be personally explored.

- Exercise bad habits (nail-biting, etc…)
- Listen to music
- Play Pokemon Go
- There's always this desire in my mind to consume information
  - Music
  - Games
  - News
- Feel like I'm wasting time if I am not doing something with some productive value
- Take time out of my morning routine to start playing music
- Look for little excuses not to do work, check stores for deals, change the song, organize the desk
- Get bored of things that are the same, Will randomly "Spice things up", changing backgrounds, wallpapers, cursors, etc…
- Rest my head on my hand at this odd angle (POTENTIAL)
- Crack my knuckles a lot
- Always hungry or looking for some snack or drink
- Finding myself often going to do work, but making up some excuse for being lazy
  - I've done enough for today
  - I can do it on _____
- Scrolling through the app store
- Contemplate my schedule for the rest of the day
- Like to start small projects which often have little ultimate meaning aside from personal satisfaction
- Celebrate achievements