



DOODLE
4
LIFE

DAY 2

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DAY 2

New day, new packet!

Let's start this day
with a riddle!

Riddle:

What has two hands but can't clap?

A clock...?

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INTRODUCING MAPPING EMOTIONS EXERCISES

★ We're here to help you feel inspired and ready! ★

The following exercises are designed to spark your creativity and get you prepared for the "Day Reconstruction Diary"

Be **BOLD**,

be **EXPRESSIVE**,

...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

Again, this is your private diary that you do not need to share with us.

Today's Mapping Emotions Exercises should take about **20** minutes to complete.

OKAY, LET'S GET STARTED!

HOW WAS
YOUR DAY?



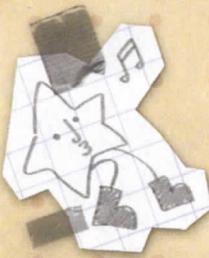
Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?



EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

Reflect upon a particular moment involving technologies that had a noticeable, positive effect for you. Feel free to jot down some simple drawings or descriptions of the moment.

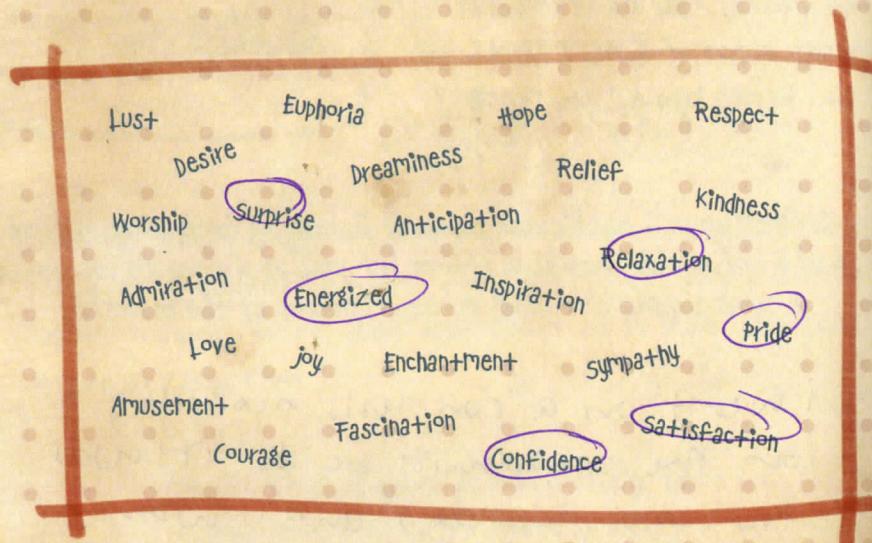
i went on a run this morning (on the treadmill bc it was too cold outside) and i was blasting music and it was actually super motivating like i ran a lot and felt super good about it !!



CAPTURING THE MOMENT

Please reflect on your experience from the previous exercise in step-by-step detail, using several positive emotions from the word bank below.

If none of the provided words feel right, feel free to use your own to best capture your experience.



First... wait my bad i think i
did this in the wrong place
but okay first i went to the
gym w/ my friends

Then... i blasted 165 bpm music
from spotify in my airpods
and i ran 4.5 miles to the
beat of the music and i felt
really good while running it
was like almost easy
Finally... i did an ab workout w/
my friends after the run and had
dinner at a amazing sur ten
we went to jamba which is
always fun because they have
smoothie bowls

Oh wow! More doodle space!

Positive Moments of Life

INSPIRED

Can you think of a situation that made you feel '**INSPIRED**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



INSPIRED

To experience a sudden feeling of creative impulse.

I felt inspired when...

i went to the MET and saw these super amazing sketches of oil paintings so i went home and bought watercolors to do ink sketching w/ watercolor

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Positive Moments of Life

CONFIDENT

can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

To experience faith in yourself or your abilities to accomplish something.

I felt confident when...

i was reviewing senior awards in high school because there were some i knew for sure i would get but i was really nervous to believe more than i thought i would

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Positive Moments of Life

SYMPATHETIC

Can you think of a situation that made you feel '**SYMPATHETIC**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



SYMPATHETIC

To experience an urge to connect with someone's misfortune or distress.

I felt sympathetic when...

all the time — particularly when i adopted my cat from the animal shelter because he looked so lonely so we adopted him and how has the sweetest most perfect cat ☺

SAY IT WITH
STICKERS!



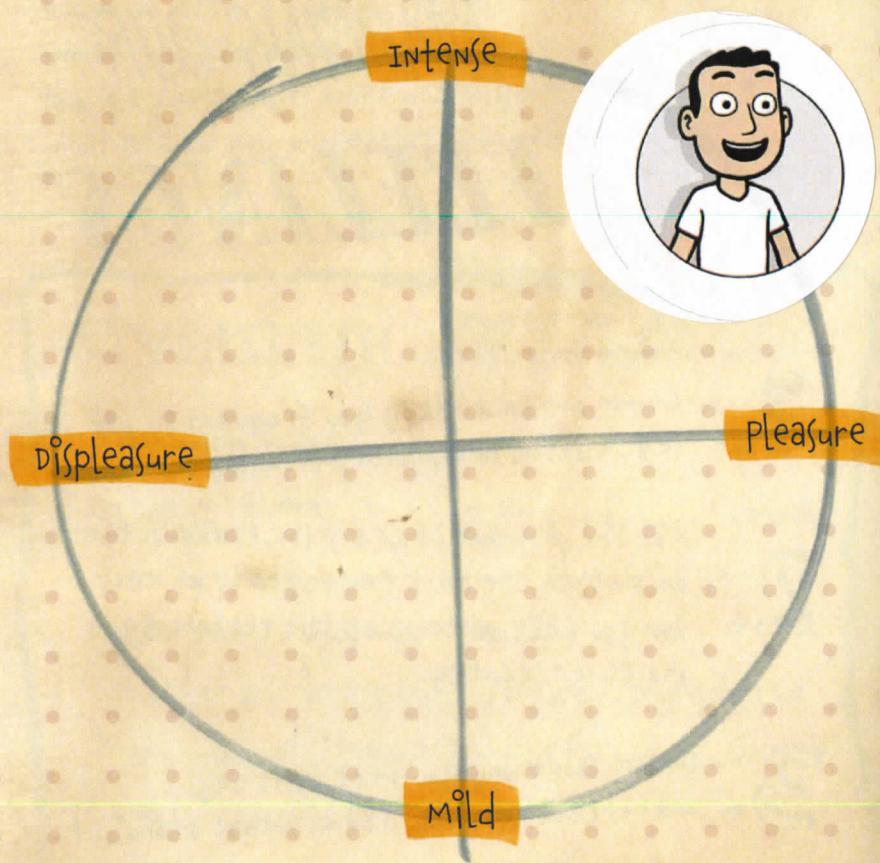
MAPPING OUR **FEELINGS**

1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
2. Use the **provided stickers** (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any **details** that stand out.

Frequently used technology

airpods / spotify

What did it feel like to use it?
(Place a couple of stickers on the circle below)



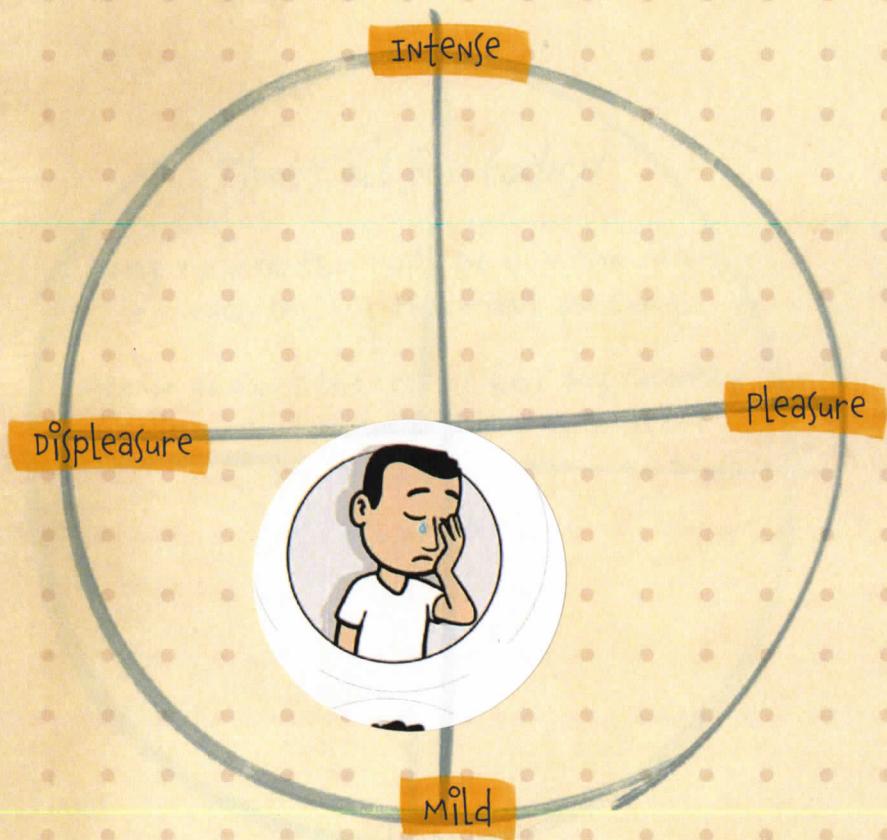
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Frequently used technology

ipad / goodnotes

What did it feel like to use it?
(Place a couple of stickers on the circle below)

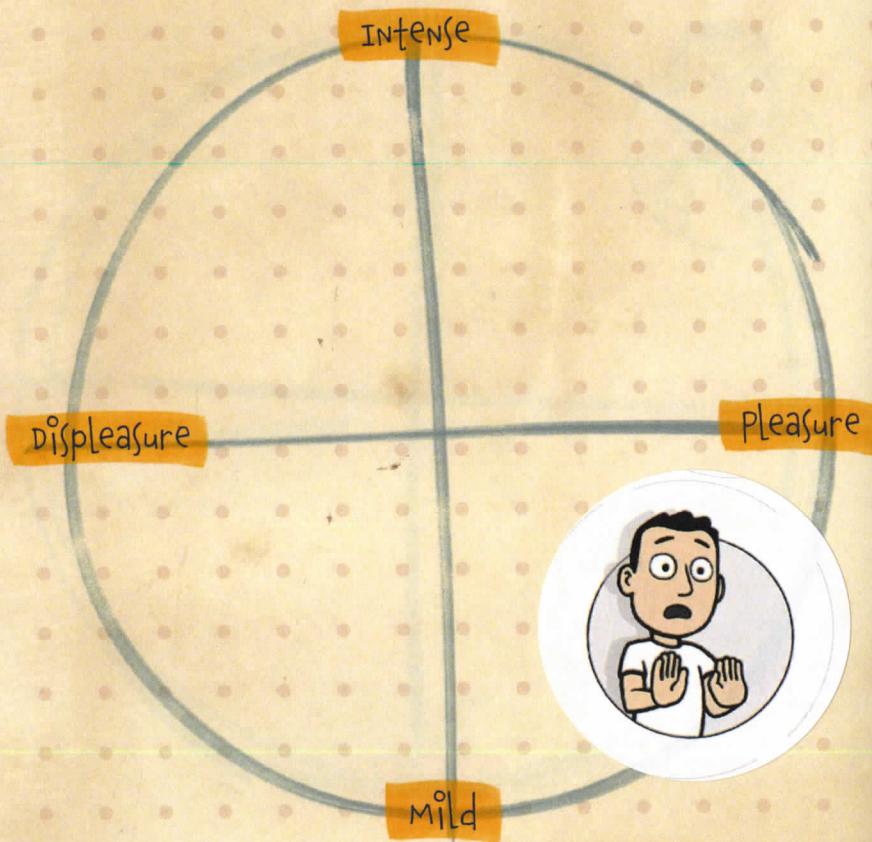


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Frequently used technology phone / tiktok

What did it feel like to use it?
(Place a couple of stickers on the circle below)



DAY 2

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That's all for today!

Going forward, there will be an online survey
for each day, but there isn't one today.

Please go about the rest of your day normally
and tomorrow set aside 1 hour to complete
Day 3's SURVEY.

THANK YOU!

Because many people find it difficult to remember what exactly they did and experienced, we will do this in **3** steps:

1. First, we will ask you what day of the week yesterday was, as well as when you woke up and when you went to sleep yesterday.

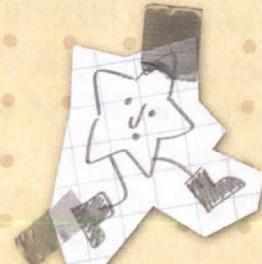
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day..

3. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time (**these questions are in today's online survey which you can access by QR code or URL a few pages down**). In answering these questions, we'd like you to consult ~~your~~ your diary page and the notes you made to remind you of what you did and how you felt.

Please do not start the online survey until you complete today's diary pages.

To begin, please circle the day of the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday **Sunday**



Diary Pages

About what time did you wake up yesterday? 9:30 am

And when did you go to sleep? 2 am

On page 40, please describe moments of your day when you used technologies to boost your mood.

Think of your day as ~~a~~ continuous series of scenes or episodes in a film. Give each episode a brief name that will help you remember it (for example, "commuting to work", or "at lunch with B", where B is a person or a group of people).

Write down the approximate times at which each episode began and ended. The episodes people identify usually last between 15 minutes and 2 hours.

Indications of the end of an episode might be going to a different location, ending one activity and starting another, or a change in the ~~people~~ people you are interacting with.

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list 3 episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to recall each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

NOTES TO YOURSELF

(WHAT HAPPENED? WHAT DID YOU FEEL?)

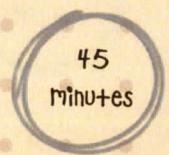
TECHNOLOGY USED
(HARDWARE/SOFTWARE)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED	
EX Looking at Photos	11:30 AM	11:50 AM	Phone, photos app	Study break. Watched video of me playing drums in a band. Felt proud / nostalgic.
N 1M listening to music	10 am	11 am	spotify	on a run, listening to playlist w/ air pods
R 2M facilitated friend	11:30	12 pm	Facetime	caught up w/ best friend while i��eamee sleep
N 3M jogged through vidz	1:45	12 pm	What's camera	at same time as Facetime - very mozzorig
A 1A taking videos	2 pm	3pm	vidz app	recorded my friend's acapella concert
R 2A looking over vidz	3pm	3:30 pm	What's app	watched over + sent vids to my friend
O 3A drawing boba	5:45	4 pm	KFT app	drawn boba w/ drawing mode
E 1E texting friend	6 pm	6:05	messengers	coordinated when to get dinner
V 2E planned today	6 pm	6:30	notes app	hour by hour schedule
I 3E downshift	10 pm	12 am	trutalk	i & my night shift additinally on trutalk

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DAY 3

DAY 3

QR CODE TO
DAY 3 SURVEY[HTTPS://TINYURL.COM/DRM-PACKET-C1](https://tinyurl.com/DRM-PACKET-C1)

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★ Please look over your diary once more. ★

Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make the necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

Up Next >>>

DIARY PAGES

DAY 5

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* Please do not start the online survey
until you complete today's diary pages. *



To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

DAY 5

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Diary Pages

About what time did you wake up yesterday? 8:30 am

And when did you go to sleep? 2 am

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

[proceed to next page >>>](#)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M walking to class	8:55 am	9:05 am	Upon my arrival to class I was listening to my favorite playlist on my phone while walking to class.
2M afterwards in class	10:30 am	11 am	I played Counter-Strike: Global Offensive while waiting for my class to begin.
3M buying lunch	11:30 am	11:35 am	During lunch I bought chips from the school cafeteria.
4A listening to music	12:20 pm	1:05 pm	Spotify, airpods
2A calling my mom	2:30 pm	3 pm	Phone
3A talking with my friend	4 pm	5 pm	Facebook
1E working on my clinic	6:30 pm	6:35 pm	messages
2E tv on	9 pm	10 pm	NatGeo Wild
1I tricam will	9 pm	11:15 pm	Facebook to talk with my friends on the slopes.
3E surfing			

Up Next >>>

DIARY PAGES

DAY 7

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DAY 7

★ Please do not start the online survey
until you complete today's diary pages. ★

To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



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Diary Pages

About what time did you wake up yesterday? 7:45 am

And when did you go to sleep? 3 am

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)	NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)					
				1M	2M	3M	1A	2A	3A
1M	waking up	7:45 am	8:15 am	sprinting, snoring, snoring	listened to music while getting ready - peachy				
2M	intra running	8:30 am	8:55 am	intra, phone, air pods	swam in lake after break fast while talking				
3M	find my running	10:10 am	10:10 am	found my phone, phone, headphones	chilling from swim, listening to music				
1A	wikipedia	1:30 pm	2 pm	wikipedia, laptop	scrolling up random things				
2A	meeting	3 pm	4:30 pm	zoom headphones	all used dober in office w/ advisor				
3A	zooming my friends	4:30 pm	5:15 pm	messages	texted friends to find out whom/where to meet				
1E	vending machine	6:15 pm	7 pm	vending machine	snack w/ 1 hour to check mix from morning till night				
2E	spotify while doing hw	7:15 pm	7 pm	spotify, airpods	full night listening to music has helped concentrate				
3E	movie list	10:30	11 pm	laptop	discovered / searched up movies by friend				