



DODDLE
4
LIFE

DAY 2

Pg. 10

DAY 2



New day, new packet!

Let's start this day
with a riddle!

Riddle:

What has two hands but can't clap?

clock?

Pg. 11

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!

DAY 2

Pg. 14

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?



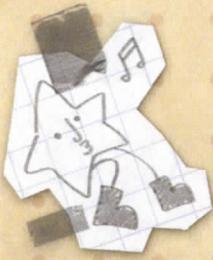
EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

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.

Ordering a bagel w/ egg + cheese on the Online GetApp (via my place) so I could conveniently pickup my food w/o having to wait to order/für food to be made!
The bagel was lessin' too!

DAY 2

Pg. 15



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.

Lust	Euphoria	Hope	Respect
Desire	Dreaminess	Relief	
Worship	Surprise	Anticipation	Kindness
Admiration			
Love	Energized	Inspiration	Relaxation
Amusement	joy	Enchantment	Sympathy
Courage	Fascination	Confidence	Pride
			Satisfaction

First... Anticipating the bagel + coffee combo while ordering hungry at work started to make my mouth water.

Then... Upon picking up the bagel + coffee and it still being ready as I got there was satisfying and relieving knowing I didn't have to wait... thanks to the GetApp.

Finally... Eating the bagel while sipping on the coffee filled my heart with love. I love the concierge of ordering my food on the GetApp.

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... Watching Soccer highlights before my game. Seeing my favorite players do so many cool moves inspired me to try and do the same in my game!

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 started to score goals in practice. The better I played, the more confident I got. I felt like I had the ability to do anything on the field.

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... my girlfriend was telling me about how stressful organizing her soccer tournament fundraiser was. I wanted to help her in any way I could!

SAY IT WITH
STICKERS!

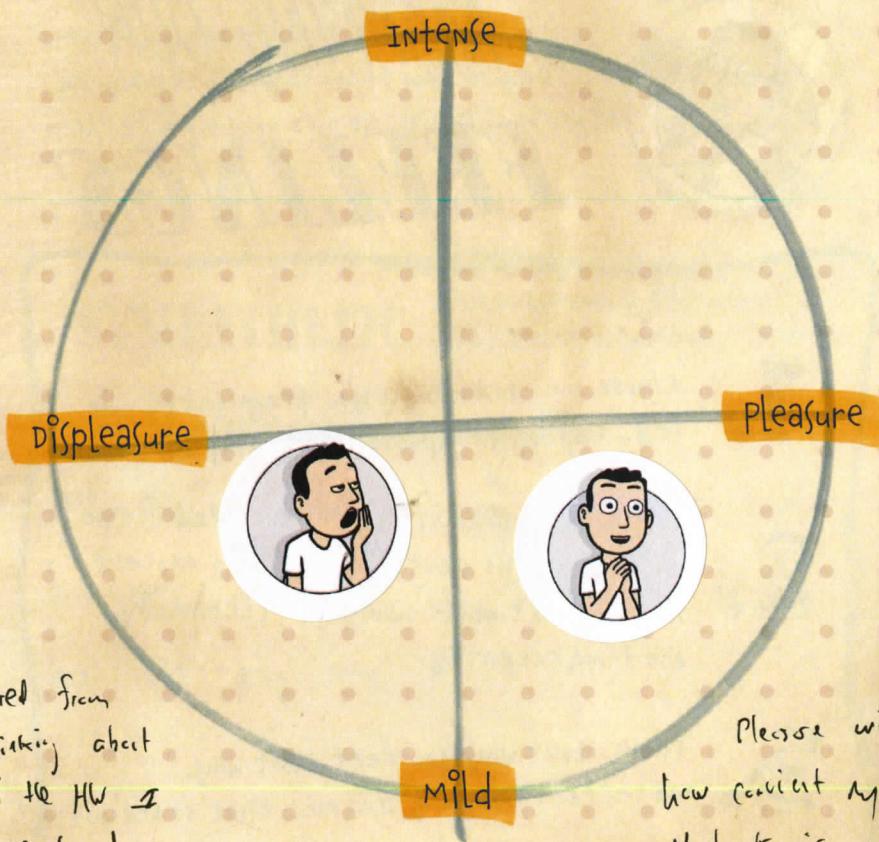


MAPPING OUR **FEELINGS**

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 Laptop

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

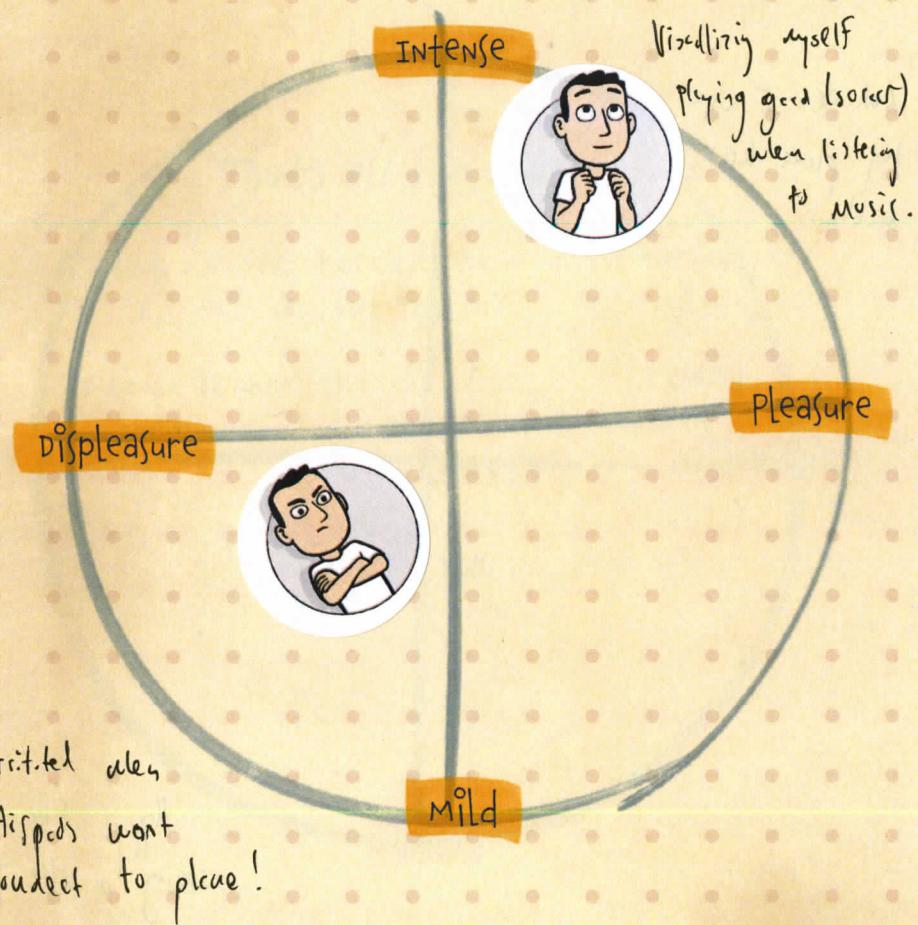


DAY 2

Pg. 24

Frequently used technology Airpods

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



DAY 2

Pg. 25

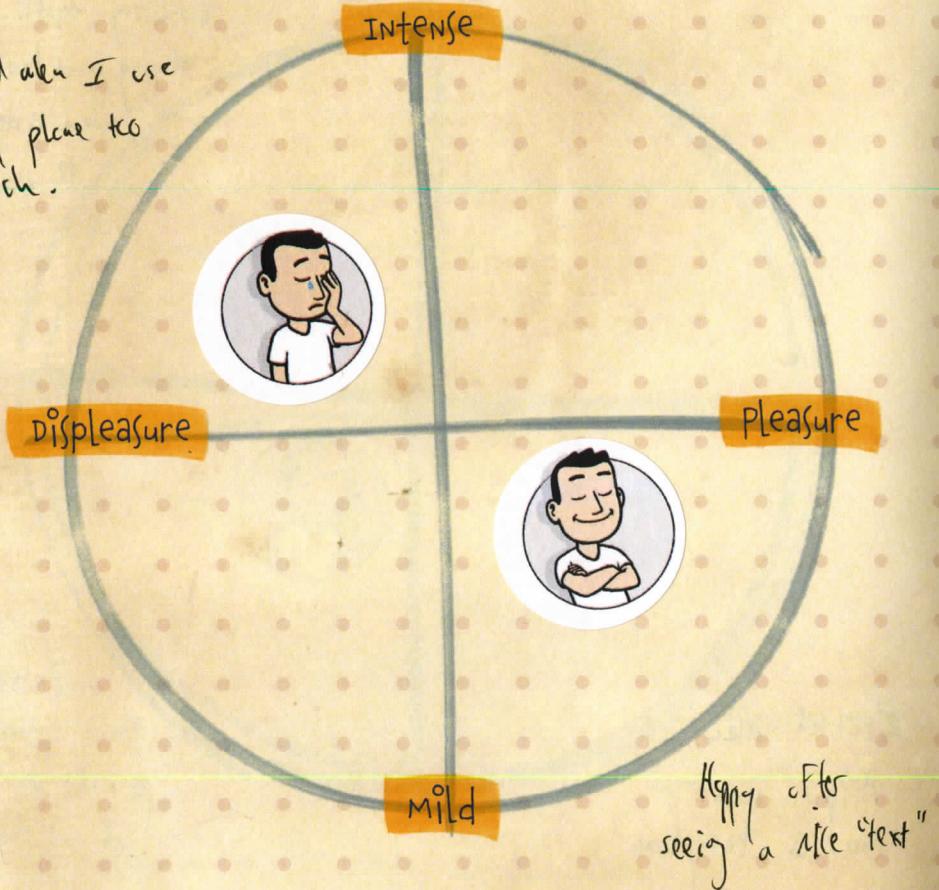
Frequently used technology

Phone

What did it feel like to use it?

(Place a couple of stickers on the circle below)

So when I use
my phone too
much.



DAY 2

Pg. 26

DAY 2

Pg. 27

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? 6:40 am

And when did you go to sleep? 10pm

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 ~~surve~~ 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
1M Planned bosses唐奈 1am	7:30am	Phone, spreadsheets	Study break. Watched video of me playing drums in a band. Felt proud / nostalgic.
2M Creating class schedule 9am	9:00am	Laptop	Helped Girlfriend plan out schedule/tickets for Success Tuesday on Facebook. Researched classes to take next semester while drinking a espresso + happy juice. Felt aesthetic + inspired. (see file)
3M Pinteresting 10am	10:15am	Laptop, Pinterest	Went over my essay, going to free writing. Researched it + satisfied.
1A Meeting with TA 11am	11:30am	Laptop	Used phone to see schedule of meeting, showed up and sat in chair.
2A Research Meeting 11:45am	12pm	Phone	Researched + found new date today
3A Visit campus lunch 12pm	12:30pm	Laptop	With my TA, went to Reckless
1E Socializing 1:15pm	2pm	Phone	Social life! Life's best
2E Laundry Music 2pm	3:30pm	Laptop	Music + inspired
3E Testing Girlfriend 3:45pm	4pm	Phone (partly place)	Listening to Hype Music + hype
			Afterwards, wrote an email!

DAY 3

Pg. 40

★ 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.

QR CODE TO
DAY 3 SURVEY45
minutes[HTTPS://TINYURL.COM/DRM-PACKET-C1](https://tinyurl.com/DRM-PACKET-C1)

DAY 3

Pg. 41

Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

* 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

Pg. 57

Diary Pages

About what time did you wake up yesterday? 8am

And when did you go to sleep? 10pm

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 Bus to Friend's	6:45am	7am	Phone, T-FARE	Used Google Maps to help me take bus to breakfast spot in Coors.					
2M Take Bus to Food	7:30	9:45am	Phone, App/Py	Paid for breakfast w/updated credit card.					
3M Coffee at Cafe	9am	11:00am	Phone, Uverino	Used giftcard for \$7.75 by Uverino. Beverage: Cappuccino.					
1A Studying and Life	1pm	2pm	Laptop	Studied at life, I probably worked harder with phone before picking up classes.					
2A Pickup Clothes	2	4pm	Phone	Picked up clothes to wash while studying.					
3A Shows + Music	5	5:15pm	Phone, Spotify	Watched shows, ate fish and chips at Mission.					
1E Feed cat Mission	5:30	6pm	Phone, T-Factory	Clocked hours, ate fish and chips at Mission.					
2E Shopping	6:10	8:45pm	Laptop	Doing errands, shopping and stuff.					
3E Alarm Clock	11:15pm	9:15pm	Phone	Time to sleep, set on alarm clock!					
									Pg. 59

Up Next >>>

DIARY PAGES

DAY 7

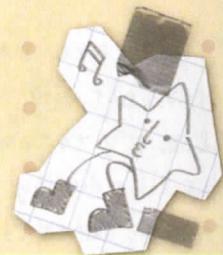
Pg. 76

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



Pg. 77

Diary Pages

About what time did you wake up yesterday? 6:15am

And when did you go to sleep? 10:40pm

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 >>>

DAY 7

Pg. 78

NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M Class Enrollment	7:45am	8:00am	Laptop
2M Class Notes	9am	9:45am	Laptop
3M Studying	10	11:30am	Laptop
1A Class Notes	1pm	1:30pm	Laptop
2A Egg Carton Project	1:30pm	1:45pm	Phone, Egg Carton App
3A Class Notes	1:45pm	2:15pm	Laptop
1E CTR Study	3pm	4pm	Laptop
2E Online Research Study	3pm	4pm	Laptop
3E Success Highlights	3	2:30pm	Laptop
DAY 7			Pg. 79