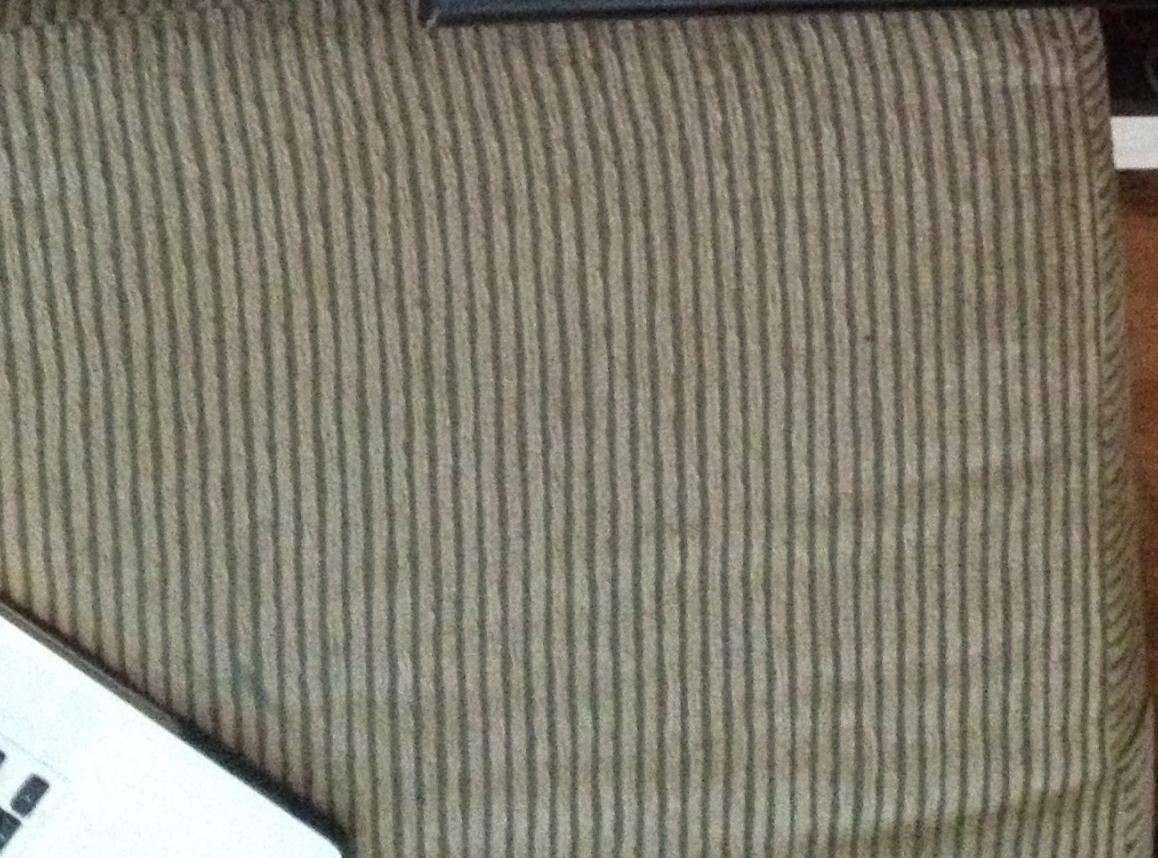




thanks
*illustrating daily life
thru routine*
a project by
John Charles Bricker





JOSEPH



3/28/2016 - 4/2/2016



thanks

illustrating daily life thru routine

You are the best! Please fill out the sheet with 3 daily tasks. These tasks will become John's routine for seven days. All tasks will be documented visually by John. Tasks can be as mundane or extraordinary as you like. No violent nor sexual tasks will be accepted. You understand. Thank you!

Your Name: Joseph

Morning

Drink at least one whole glass
of water

Noon

Close your eyes, do a mental body
Scan / check-in. See where you are.

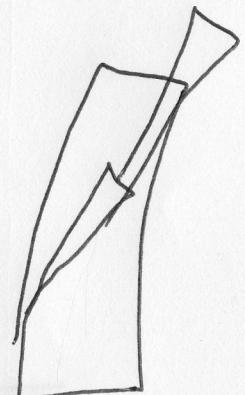
Night

Push-ups and/or Sit-ups to
failure

Hunky dory! In exchange for sharing your time, thoughts, and energy
you are granted one favor. What can John do for you? Comb your hair?
Sit your babies? Leave you alone? Let us know below!

Give me a pic of art/ visit Minneapolis

MY
BRO.
THER



UNDRY

PARKING IN BACK

Hair



MORNING
DAY 1
3/28/2016

This morning

i drank
one bottle of soy/ent
and two bottles
of water



first week back
in class.
gotta STAY AFLOAT

DRINK AT LEAST
ONE WHOLE GLASS
OF WATER

NOON
DAY 1
3/28/2016

the wind outside
was CRAZY

i WAS blown
to and fro
walking to MY
PSYCHOLOGIST APPOINTMENT
it WAS A TOUGH
session . . .
i Sobbed in the
bathroom stall Afterwards
it felt good to CRY

close eyes, do a mental
body scan/check in.
see where you are.

NIGHT
DAY 1
3/28/2016





MORNING
DAY 2
3/29/2016

it WAS HARD
to GET OUT
of BED THIS
MORNING



i WAS LATE
to work

i DRANK
2 bottles
of WATER



DRINK
AT LEAST
ONE WHOLE GLASS
OF WATER

NOON
DAY 2
3/29/2016

it is not noon
it is 2:31 AM
i put off doing
the full-on
body SCAN ALL DAY
but WAS CHECKING IN
periodically. ☺

now that i've TAKEN
A MOMENT i realize
how strained ~~my~~ MY
SPINE is. How tight
MY JAW.

i am stressed out people..
time for physical exhaustion

YAY AND then sleep ☺

close eyes, do a mental
body scan/check in.
see where you are
remember

NIGHT
DAY 2
3/29/2016

Still here: 2:36 AM

BOUTTA START it

talk to you ~~soon~~

(puts on EARL SWEATSHIRT)

GOOD NIGHT

GOOD GRIEF

Stretching before
the pushups/
sit ups
is my favorite
part

Pushing MY
MASS AGAINST
GRAVITY
for muscle
and rush



push ups and sit ups
to failure



MORNING
DAY 3
3/30/2016

WOKED UP AROUND 11:30
class at 12:30

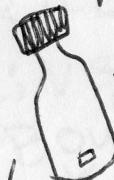
Drinking one bottle
of soylent

Drinking one bottle
of water

A WOMAN IN THE ELEVATOR
TOOK A PHOTO OF ME
with MY #SOYLENT

HER BOYFRIEND is
involved with the company
; AM THINKING:

WHAT?! WOAH...



ARE U SERIOUS??
So cool! SOYLENT
is THE BOMB!

DRINK AT LEAST
ONE FULL GLASS OF
WATER

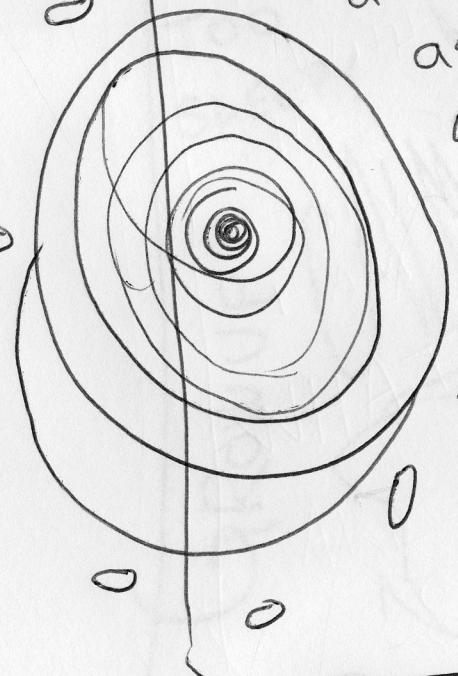
NOON
DAY 3
3/30/2016

i went to GROUP THERAPY
this afternoon.

we did a mindfulness
exercise that involved
controlled breathing
and visualizing
an edge of a MOUNTAIN
as well as an
empty rice bowl.

GRAINS OF RICE

KEPT FALLING
INTO MY BOWL
AND I'D PICK
THE MOST ONE
BY ONE.

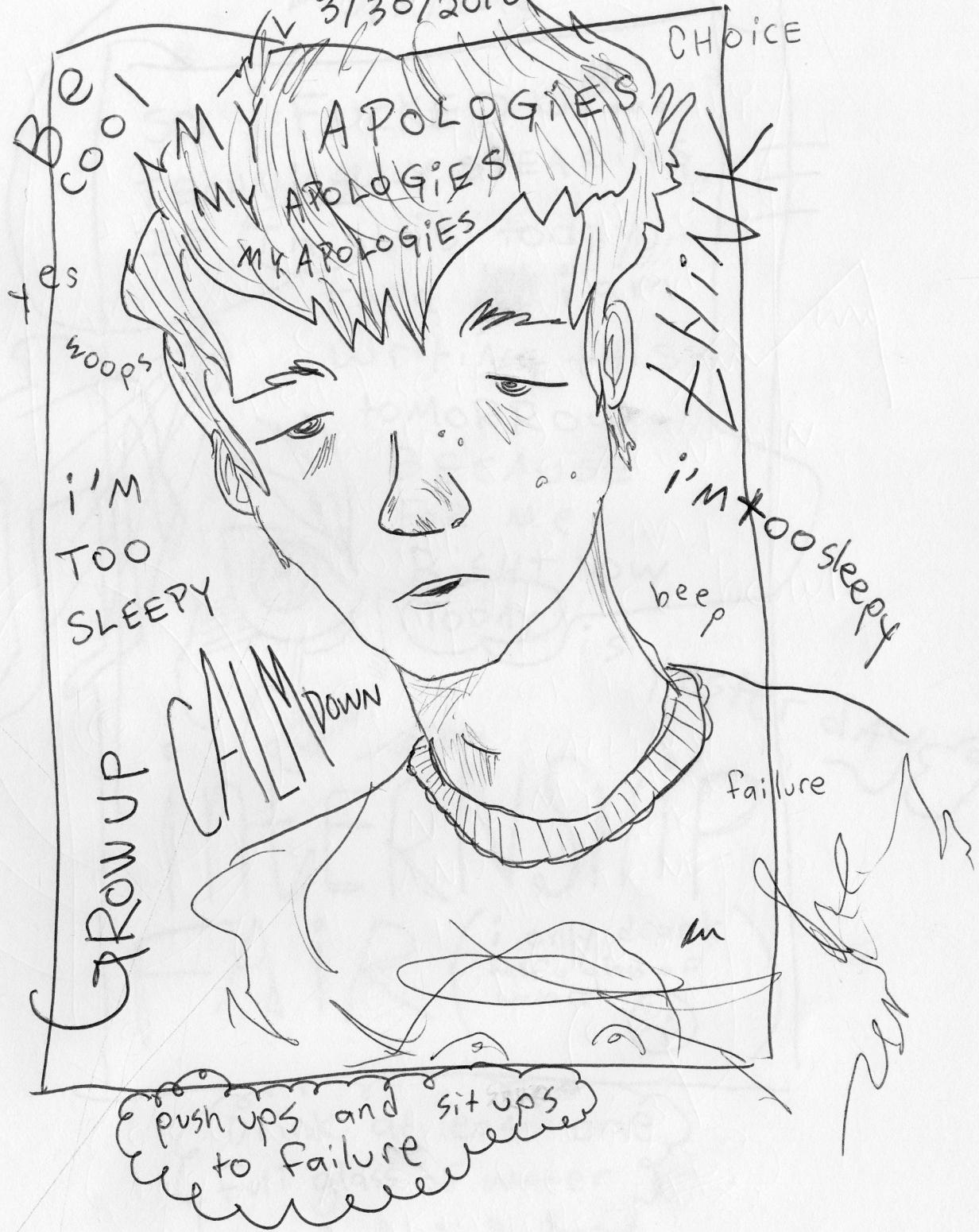


close eyes, do a mental
body scan / ~~then~~ see
check in WHERE ~~you~~
you are.

NIGHT

DAY 3

3/30/2016





MORNING
DAY 4

3/31/2016

so i FUCKED UP...
TECHNICALLY SPEAKING,
IF This is today,
then ~~it~~ i am
writing this
TOMORROW
BECAUSE
FOR ME
RIGHT NOW
TODAY is

yester day

INTERNSHIP
FAIR (i only drank
half a glass of
water)



Drink at least one
full glass of water
weeee

NOON
DAY 4
3/31/2016

i AM
still
in
the future

NOON DAY 4
WAS A HELLUVAH
DAY. AN OLD
COMMUNIST ~~OF~~
OFFERED ME
AN AUTOMOTIVE
~~POLITICAL~~ MAGAZINE.
LIKE TO RUN
~~AT~~ THE BUSINESS,
NOT BROWSE
A PARTICULARLY
INTERESTING
THINK-PIECE.
WE HAD JUST
MET. VROOM?

it's
true

CLOSE EYES. DO A MENTAL
BODY SCAN/CHECK IN. SEE
WHERE YOU ARE.

NIGHT
DAY 4
3/31/2016

SO, ..., while it MAY
BE SUPER COOL THAT
i WAS FINALLY ABLE TO
GIVE TIME TRAVEL A SHOT,
UNFORTUNATELY THE
CIRCUMSTANCES REQUIRING
MY TIME TRAVEL
SPELL OUT THE FACT
THAT i HAVE FAILED.

DAY 4 | 3/31/2016

THIS ROUTINE

MY BAD
EVERYONE.
I WILL
DO BETTER.

i promise.



it's good
to be back
in the present

MORNING
DAY 5
4/1/2016

one must
not live
in the past

FIRST DAY OF APRIL...
GRADUATION CREEPING UP.

or something

i HAVE A
TON MY LIP.

i DRANK ONE GLASS
AND THEN ANOTHER



DRINK AT LEAST
ONE WHOLE GLASS
OF WATER

NOON
DAY 5
4/1/2016

RAN AROUND SCHOOL
TO PICK UP A BOOK
TO SELL FOR A
FELLOW STUDENT.
SHE WASN'T THERE,
IT WASN'T IN THE
MAILBOX.

AFTER CALLS & TEXT
MESSAGES SENT

THE STUDENT MET
THE BOOK IN HAND.

i AM PRETTY STRESSED OUT AND
i feel gross. i'd like to shower.

CLOSE EYES. DO A MENTAL
BODY SCAN/CHECK IN.
see where you are.

NIGHT
DAY 5
4/1/2016





MORNING
DAY 6
4/2/2016

WOKE UP THIS MORNING
@ AROUND 9:00 A.M.

WENT TO PICK UP
JEFF & LIANNA

RAN LATE BECAUSE ~~IT'S~~ AM
BAD AT MORNINGS
PLUS WEIRD
ROPED OFF
COP AREAS
GOT IN THE
WAY.

DRINK AT LEAST
ONE WHOLE GLASS
OF WATER

NOON
DAY 6
4/2/2016

OH LORD. it is
4 AM... ONCE AGAIN
I HAVE PUT THIS
OFF ALL DAY.

I will do better.
I will do better.
I will do better
I will do better

CLOSE EYES. DO A MENTAL
BODY SCAN/CHECK IN.
SEE WHERE YOU ARE.

NIGHT
DAY 6
4/2/2016

SOMETIMES
it's tough
to see
the point
in anything
at all

WHERE HAS
THE GROUND
GONE?

WHY DON'T YOU
JOIN OUR CIRCUS
OVER HERE?

SMOTHERED
UNDER
PILES

THIS WAS MY LAST
ENTRY OF WEEK 4.

i AM STRUGGLING RIGHT NOW.

the thing about things is
that they have to get done.
AND i JUST put em off.
even fun things.

i am gonna TAKE A WEEK OFF
Push UPS and Sit UPS
TO FAILURE

to TRY AND
FIND BALANCE.

PROJECT STATEMENT

I am asking for people to give me 3 daily tasks that I will implement into my routine for a period of 7 days. I am documenting these tasks visually/verbally. After I complete a person's 3 daily tasks for 7 days, I will do them any 1 favor of their choosing.

What interests me is exploring relationships shared between record keeping, documentation and daily life. Through this exploration I hope to gain a better understanding of myself and how daily structures work for me. I want to find small ways to be thankful for each day I am here to live. I want to improve at asking for help.

Hopefully you find nuggets within my project to latch on to, that resonate with you. I hope you enjoy flipping through the pages, and that you feel things or think things that perhaps you would not have otherwise. I hope that this project helps you, if even for a small instance, feel a bit less alone in this world.

This is my boring and amazing and desperate attempt to find meaning and rhythm in the day to day. Thanks for being here.

Stay fresh,

John



John Charles Bricker
Illustrator/Writer
Currently in Los Angeles



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clapclapwoo.com



edition

FLOAT
ON