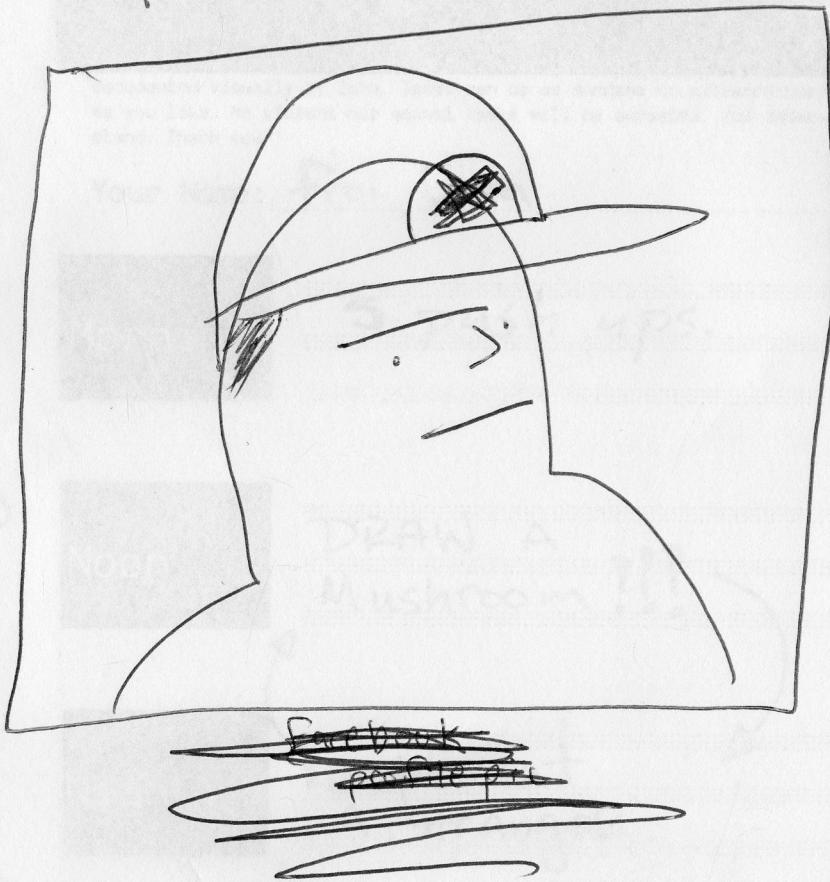


Fro i



3/7/2016 - 3/13/2016



KAK! First week

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: Froi Ulloa

Morning 5 push ups.

Noon DRAW A Mushroom !!!

Night Compliment A stranger

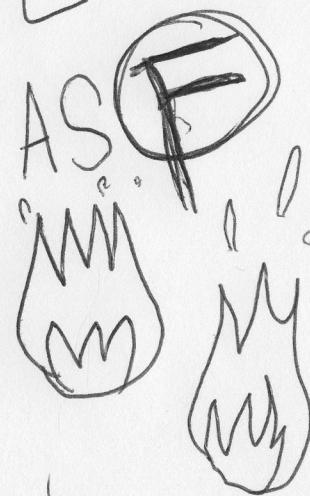
Hunk dory ! In exchange for sharing your time, thoughts, and energy you are granted one favor. What can John do for you? Comb your hair? Sit your babies? Leave you alone? Let us know below!

STAY COOL



All I gotta do is stay cool

GONNA
BE
Lit!



\$2.99

20

MORNING

DAY 1

3 / 7 / 2016



WOKE UP LATE
THIS MORNING.

I DID NOT COMPLETE
MY 5 PUSH UPS.

I FEEL LIKE A
FAILURE AND I HAVEN'T
REALLY EVEN STARTED.

I ATE A BACON, EGG,
AVOCADO, AND CHEESE
SANDWICH FOR BREAKFAST.

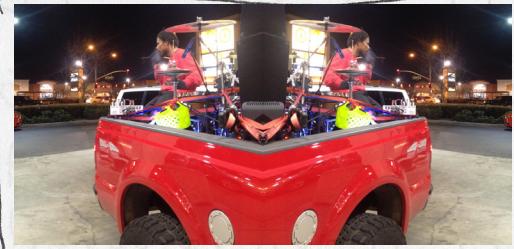
IS IT A SANDWICH IF
THE BREAD IS BAGELS?
KEEPING BUSY WITH ATTEMPTS
TO HUSH SUICIDAL VOICES
IN MY HEAD.

5 - Push UPS

NOON
DAY 1
3/7/2016



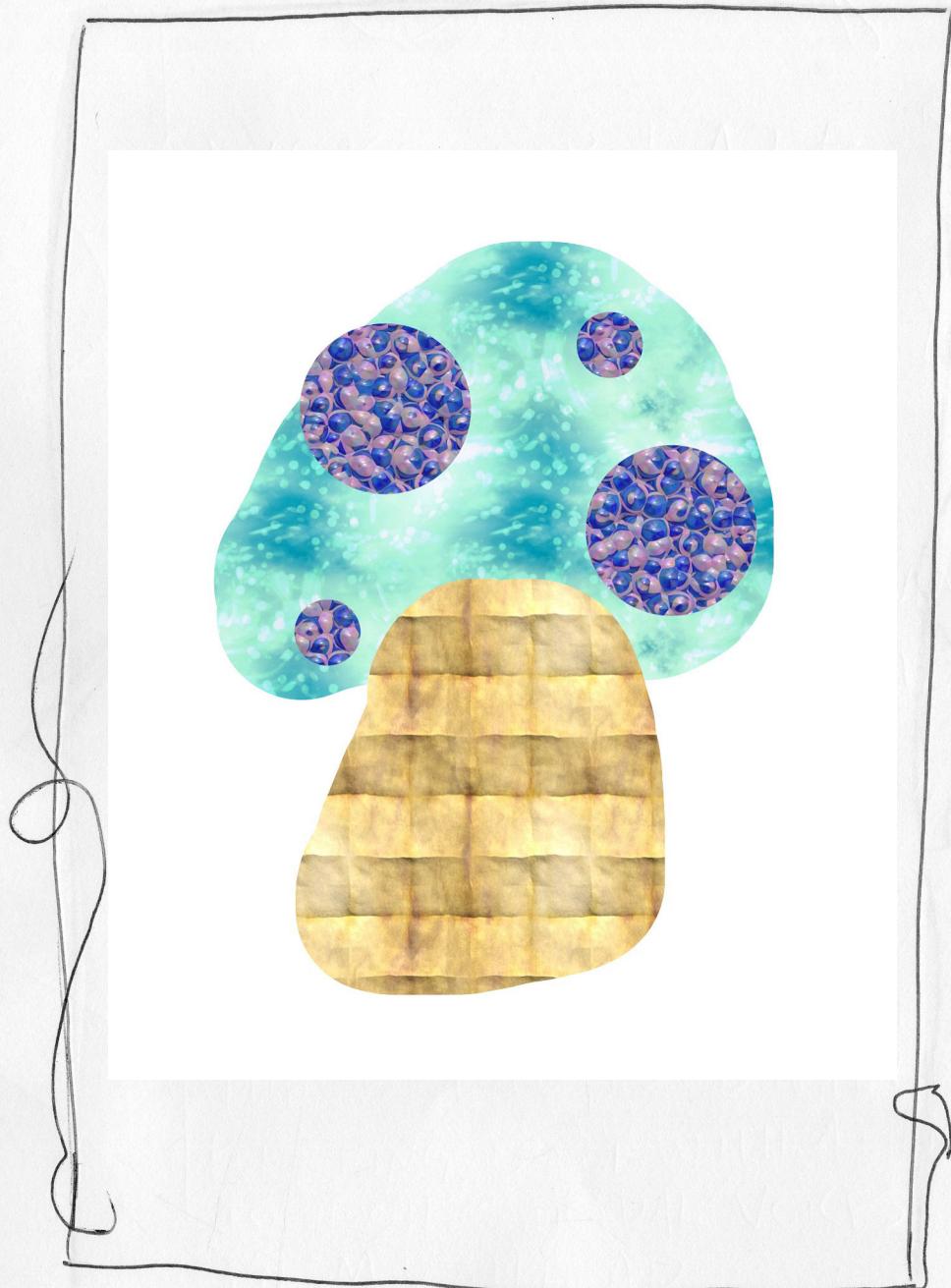
DRUMMER IN BACK
OF TRUCK AT 7/11.



so glad Anthony E. Sheriff
exists ☺

COMPLIMENT
→ A
STRANGER

NIGHT
DAY 1
3/7/2016



DRAW A
MUSHROOM



MORNING
DAY 2
3/8/2016



5 - Push UPS

NOON
DAY 2
3/8/2016

Stacie Martinez



is patient and kind and smart.

COMPLIMENT
A
STRANGER

NIGHT
DAY 2
3/8/2016



DRAW A
MUSHROOM



MORNING
DAY 3
3/9/2016



5 - Push UPS

NOON
DAY 3
3/9/2016

Bernie Sanders is the real deal.



COMPLIMENT
A
STRANGER

NIGHT
DAY 3
3/9/2016



DRAW A
MUSHROOM



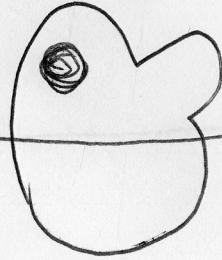
~~MORNING~~
~~DAY~~
3/10/2016

FUCK...
; lost the rest
of week 1

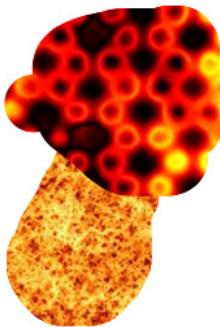
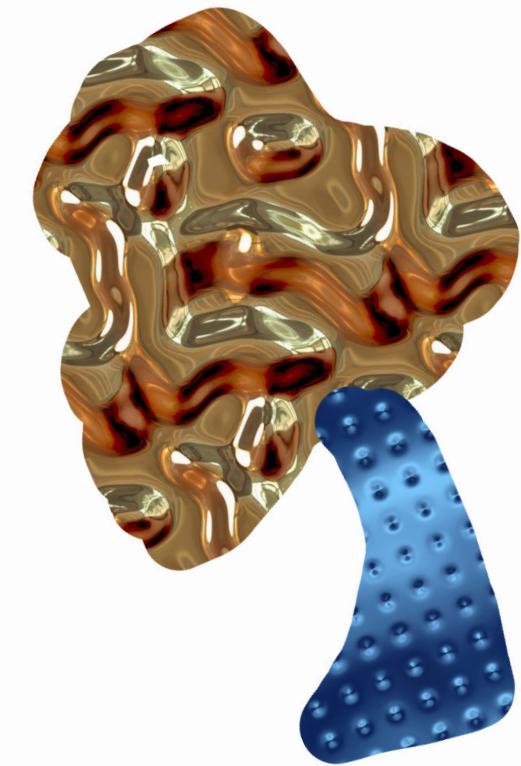


Forgive
and forget?

tune in next week (week 2)
for brothers, art shows
and birthdays



BY AGAIN?
Y N



ef + o ver
mush-



oms

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



@bepeeker
clapclapwoo.com



edition

STAY
COOL