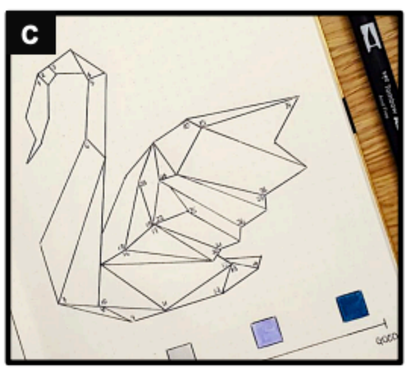
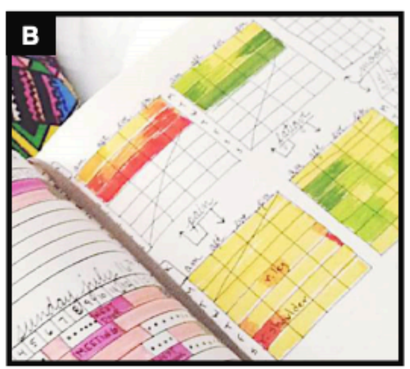
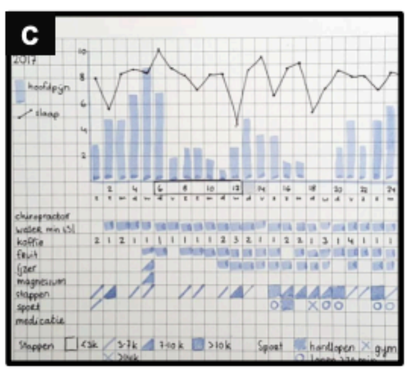
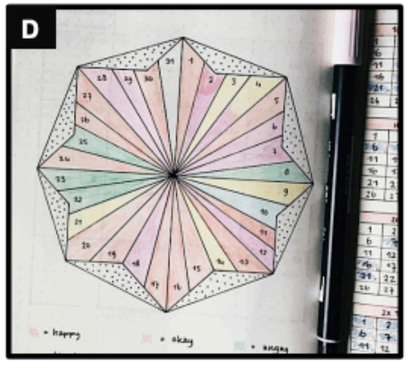
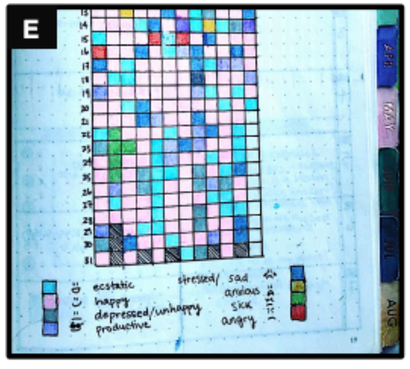
Paper Bullet Journals

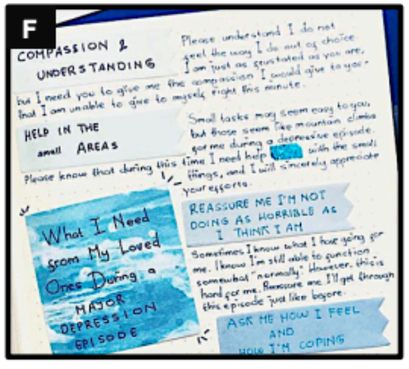


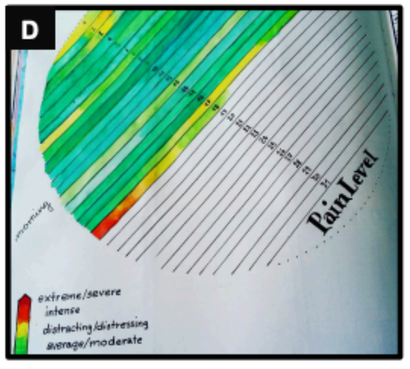


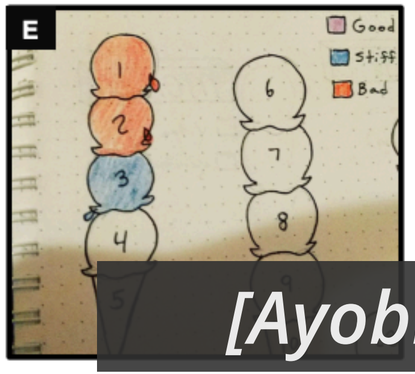












[Ayobi et al'18]

visualize goals and impacts

invoke more thoughts

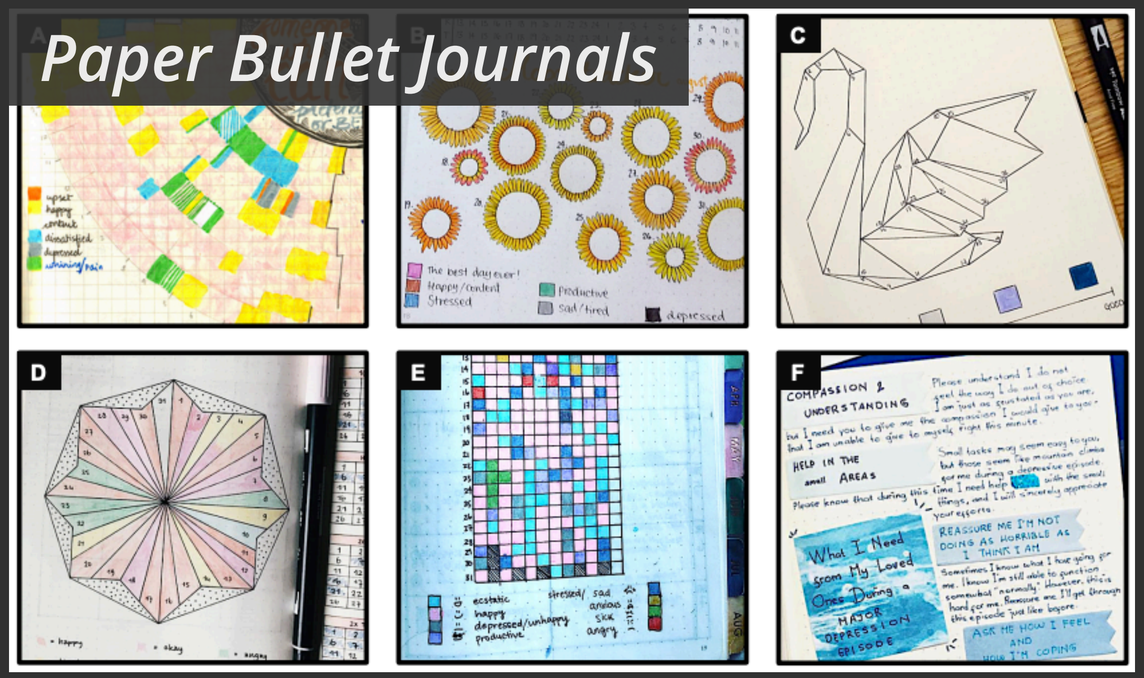
emotion and well-being

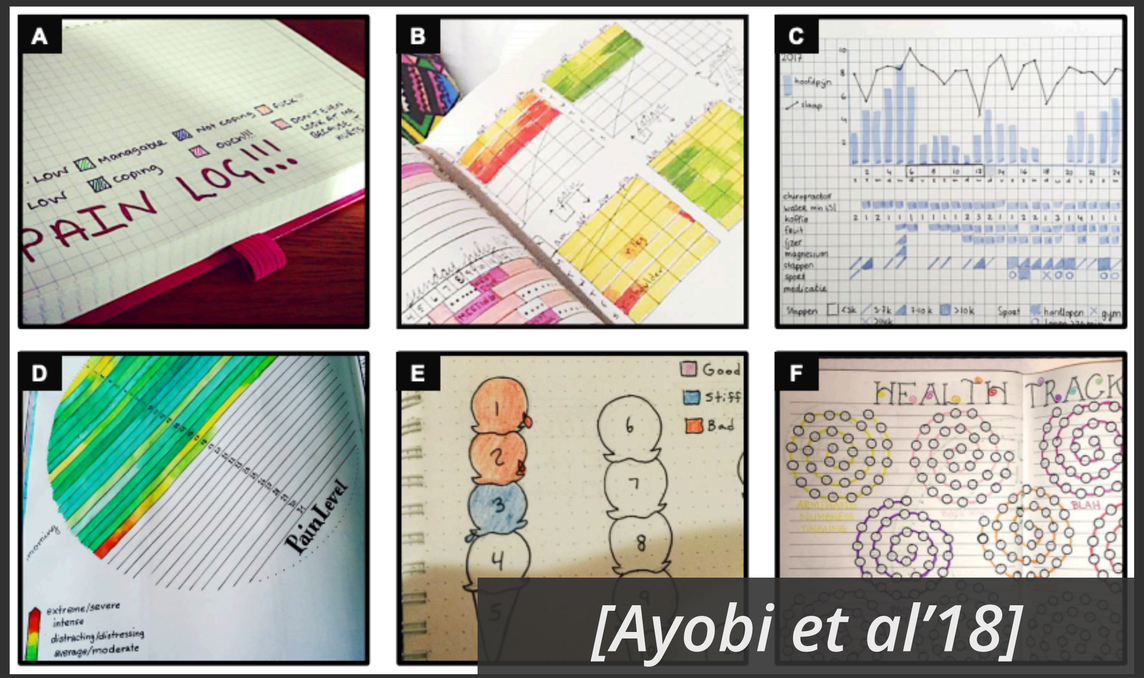
Benefits of drawing personalized visuals?

"it allows you to visualize goals and impacts in advance"-P9

"I like visuals as they invoke more thoughts" - P7

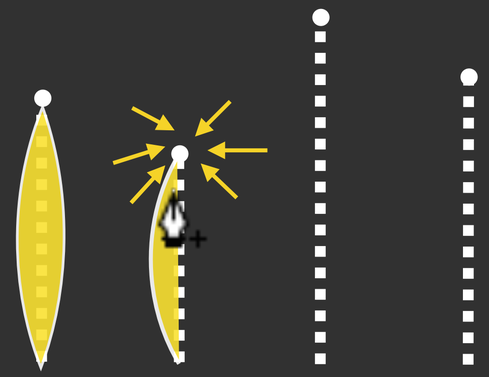
"it would be good for emotion and well-being that lack clear forms"- P8





Descriptive Visualization Creation

Data



Data-Driven Guides