

MON X

TUE

X

WED

X

THU

X

↑ realised I  
set off too  
late

↑  
bus driver  
takes break



Costa!

- course start  
x coffee!

arrival  
— on time  
— late

mood  
— happy  
— annoyed

JC

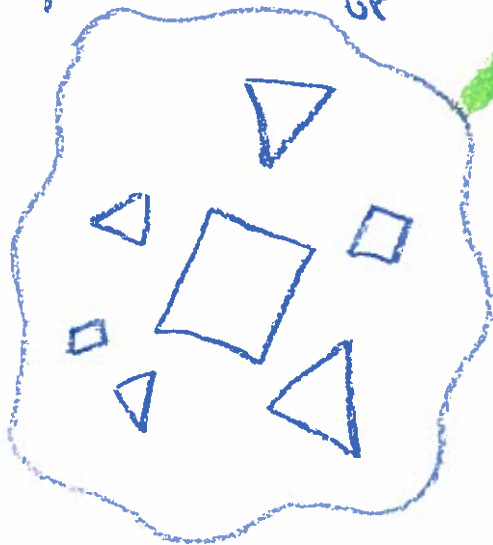
Mind after coffee



Mind at course



Mind when wake up



Mind on  
commute

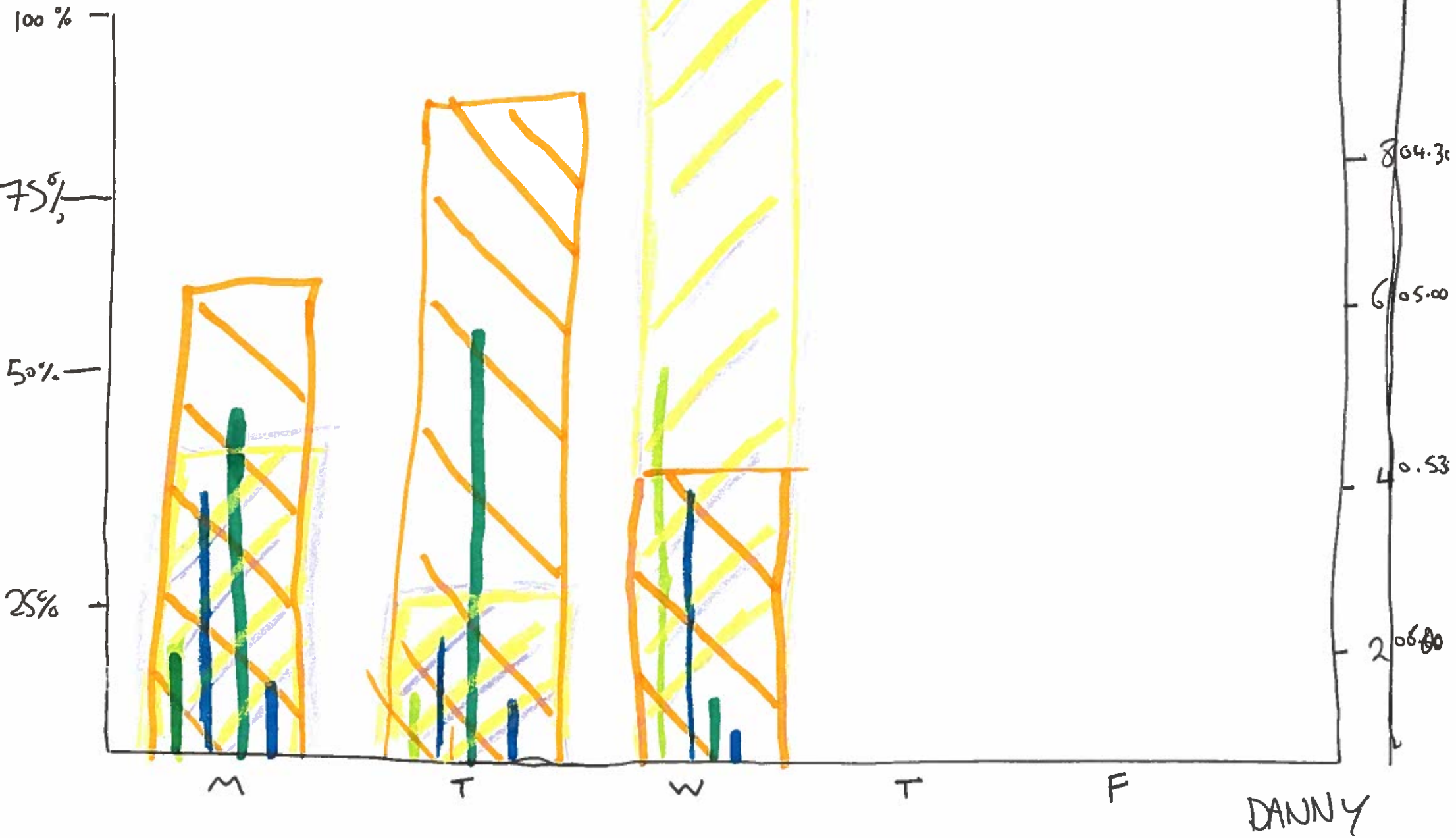


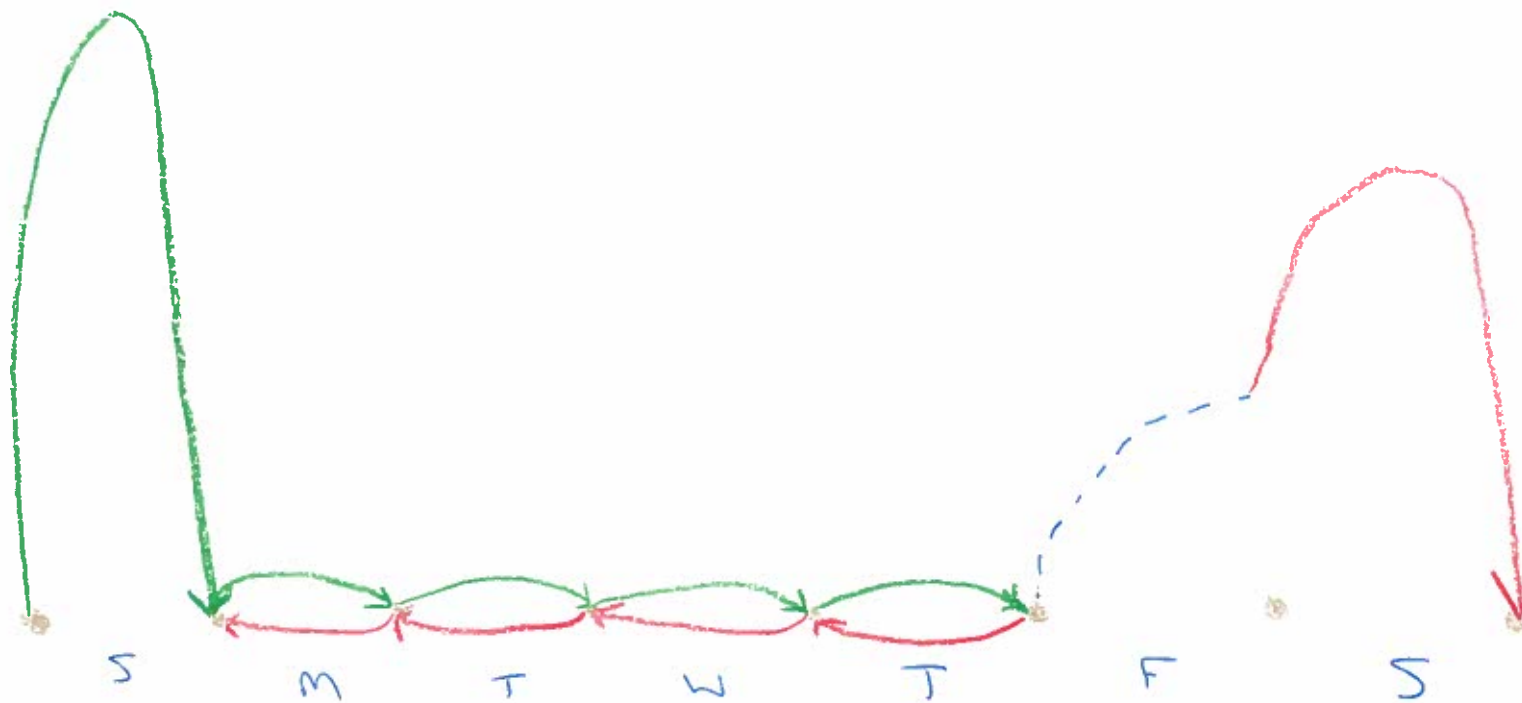
- STARE SLACK JAWED INTO SPACE
- THINK "GOD IM TIRED"
- PLAY ON PHONE
- MENTALLY JUDGE OTHERS LIKE A CASTERD

THE RELATIONSHIP OF MY SONS WAKE UPS  
and final wake up time on what  
I do on the train

FREQ of  
WAKE UPS

TIME  
AWAY





NOT TO SCALE!

OUT

RETURN

DIVERSION

MATT CLAY

A.C



Home

walk

Liverpool  
Central  
Station

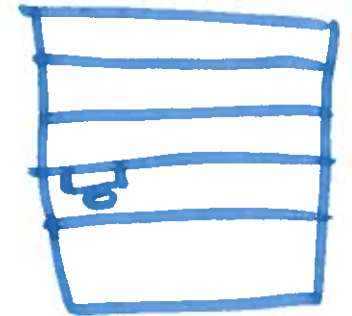
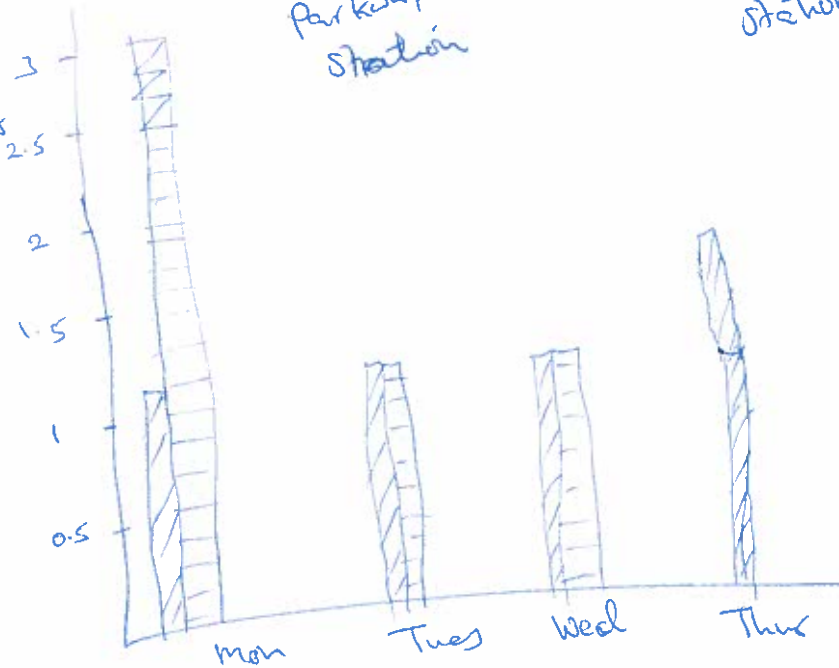
Liverpool  
South  
Parkway  
Station

Oxford  
Road  
Station

walk

| Day       | Train/walking<br>Time morning |
|-----------|-------------------------------|
| Monday    | 1:10 hrs                      |
| Tuesday   | 1:10 hrs                      |
| Wednesday | 1:10 hrs                      |
| Thursday  | 1:45 hrs                      |
| Friday    |                               |

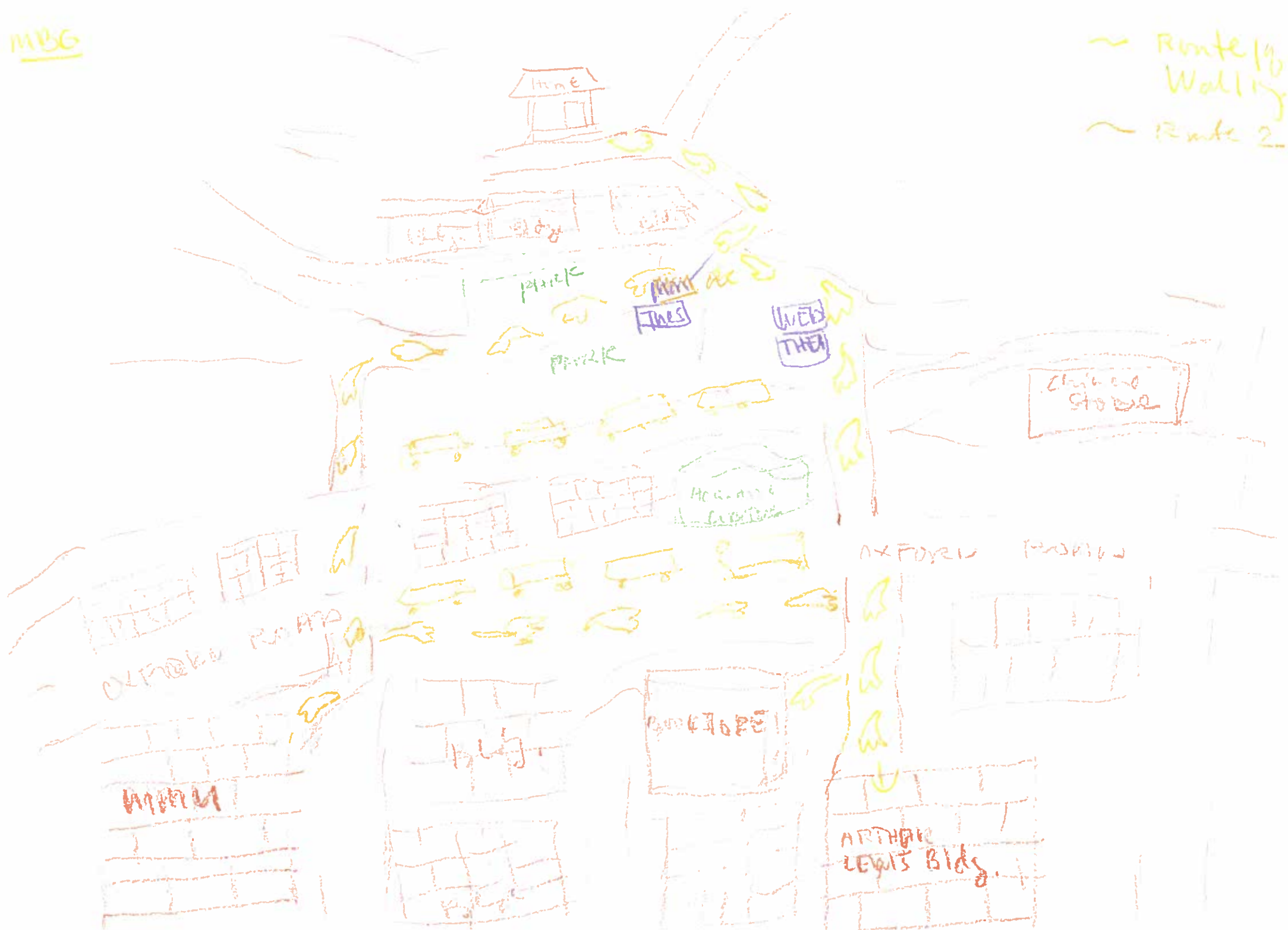
| Time evening |
|--------------|
| 3 hrs        |
| 1:10 hrs     |
| 1:10 hrs     |

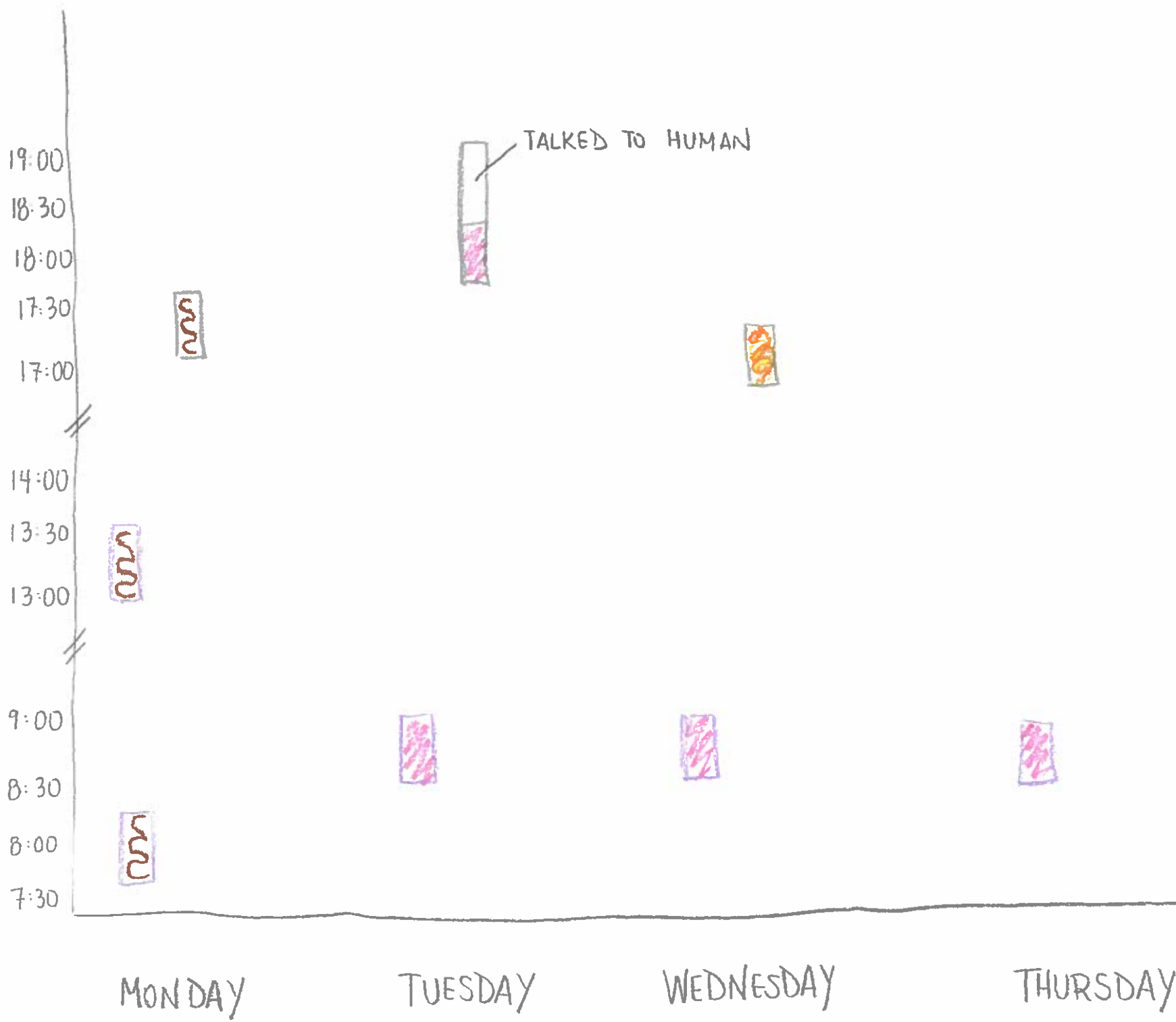


LOM

MBG

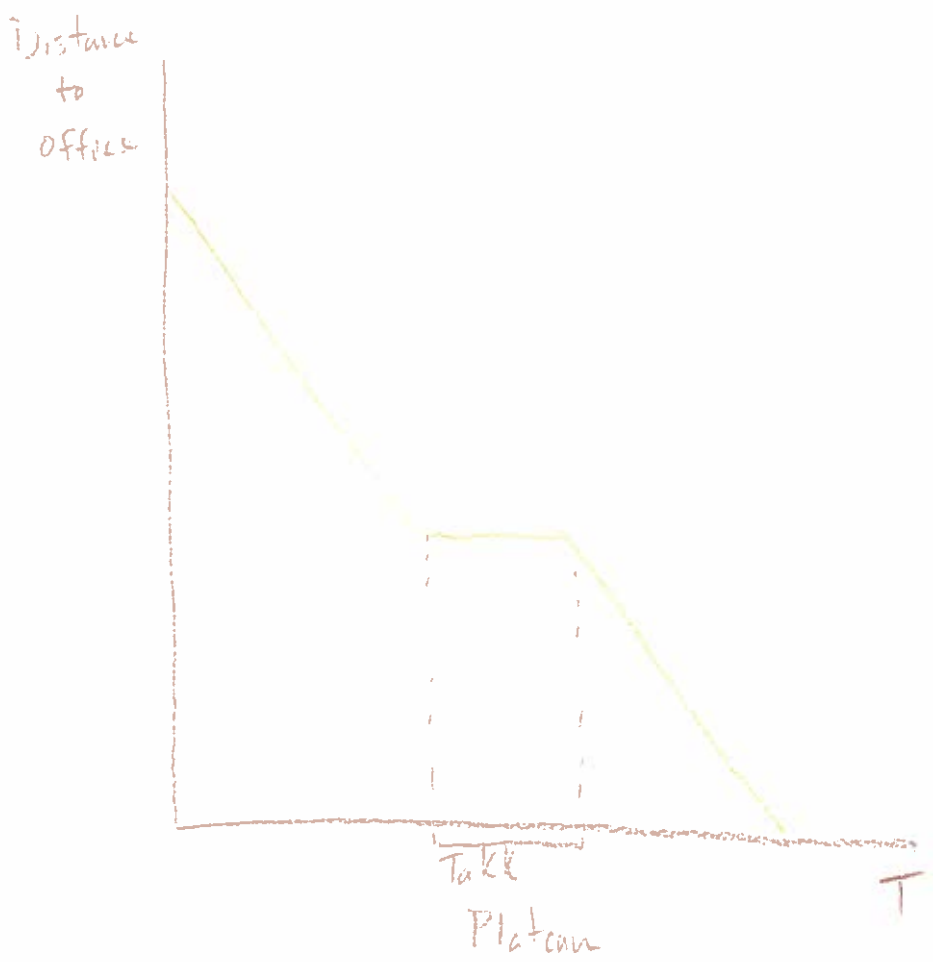
~ Route 1g  
Walling  
~ Route 2

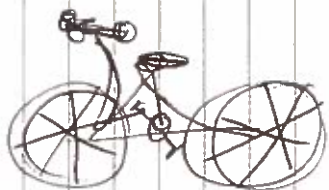




-  - TO COURSE
-  - FROM COURSE
- PODCAST TOPICS:**
-  - STORYTELLING
-  - POLITICS
-  - SCIENCE







17  
min

15  
min

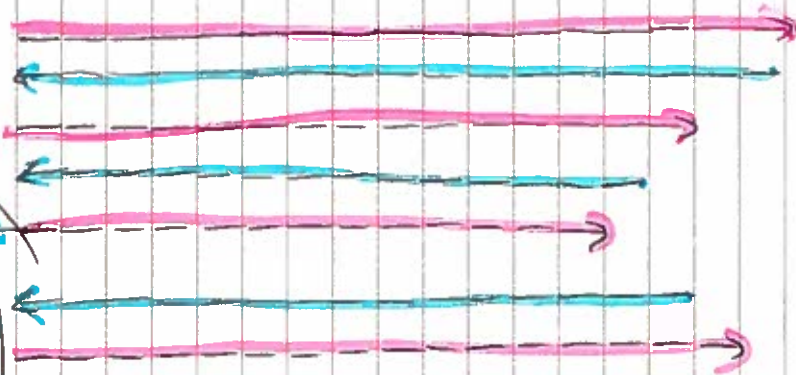
17  
min

14  
min

13  
min

15  
min

16  
min



Reka