

QUESTIONS FOR THE REFLECTION

Boundaries - what are the boundaries of this work?

→ paper, pen, colours & 12 hours context.

Every 60 minutes combined with a usual day, meaning no change in routine

Authenticity - how is my authenticity displayed in the final video

→ didn't change my routine, simply integrated the activity in a normal day despite any frustrations/stress which may have arised.

Also included pieces of my own handwriting rather than typing text.

Plausibility / Scholarship - how does this work contribute to certain research } can even be small

→ exercise highlights how to balance creative practices by learning the signs of hyperproductivity, burn out, overworking etc.

demonstrates that we can't expect constant amazing creative ideas under pressure different inspiration sources are important (a rigid routine won't always work)

Criticality - did your action help you imagine new ways of doing things or thinking differently?

→ I found myself always wondering what time it was and trying to plan the future settings/drawings despite the goal being spontaneity. Maybe every hour = too much

It was not always a pleasant feeling, it made me understand there is a place for rigidity but also spontaneity, relaxing and non-productivity in order to recharge.

Self-revealing communication - what did I include in the video & what did I leave out?

→ the exercise made me reflect on how to tell a story

I tried to film as much as possible but public settings made me nervous
the 2-minute limit also made me filter through more "relevant" clips
shorter, visually pleasing, entertaining

Ethnographic material with confessional content - how much is relevant vs how much is personal?

→ my topic was quite personal, so the whole video seemed very personal + intimate.

Generalizability - how can this relate to others or be meaningful for others?

→ very relevant in Busi & Angel projects

Spontaneous vs. rigid structures can help us understand what routines make us more creative + happy