

THE STORY GOES THAT
THE WEEK HAS ONLY 7 DAYS
& A FIXED 24 HOURS IN A DAY

NOW WRITE YOUR OWN STORY



DESIGN YOUR LIFE TOGETHER
DESIGN YOUR DAY
DURING CORONA

ACCEPT - EMPATHY - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY

WHAT ARE 3+ NOTABLE SHIFTS & TRANSITIONS DURING YOUR DAY? WORK, RELATIONSHIPS/FAMILY, REST?

NOTE & DRAW ACTIONS, ACTORS, & FLOWS IN EACH SHIFT

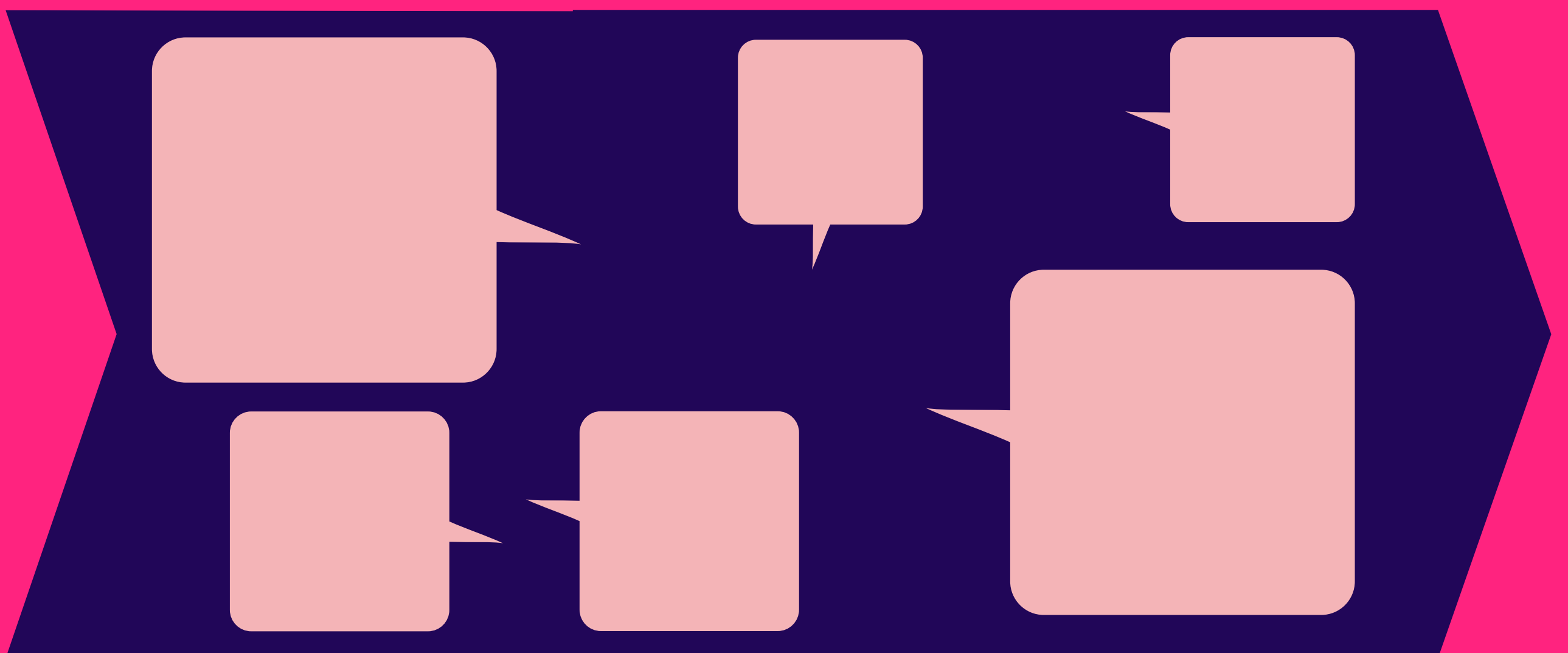
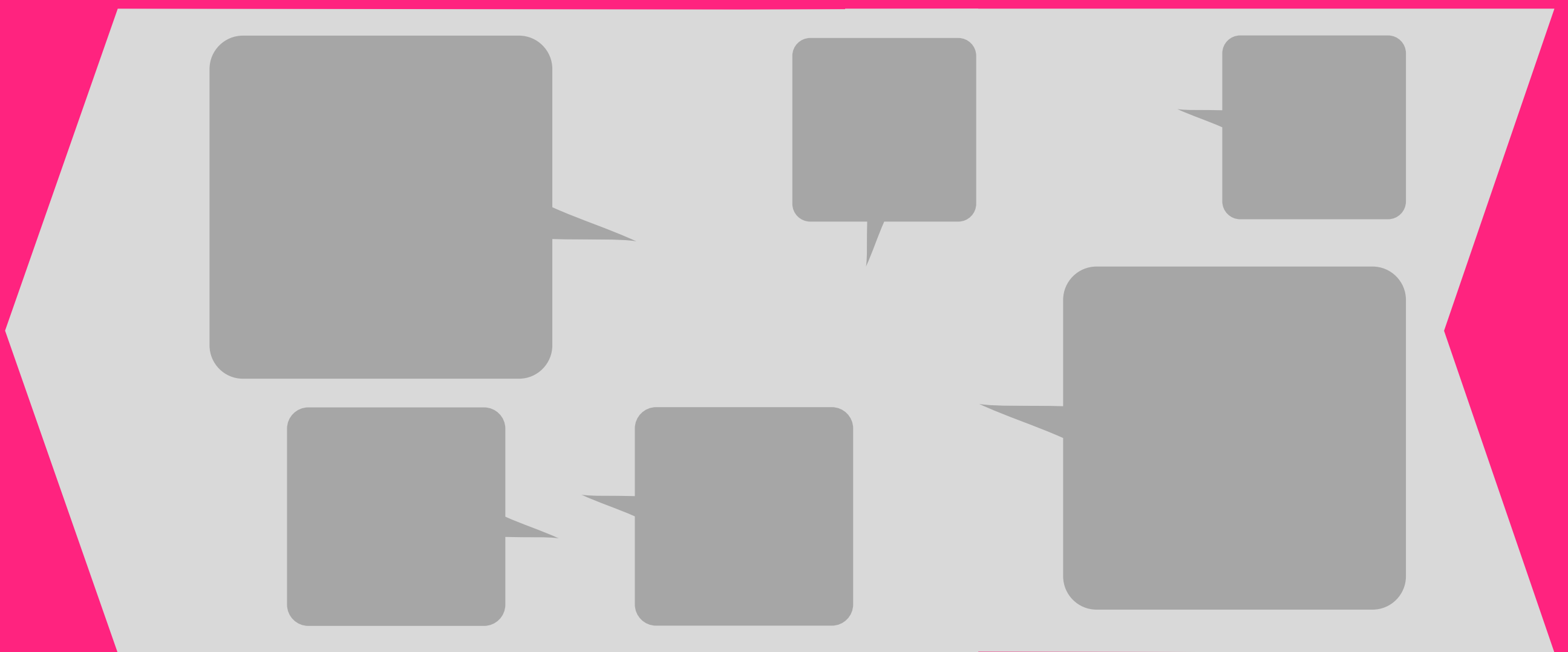
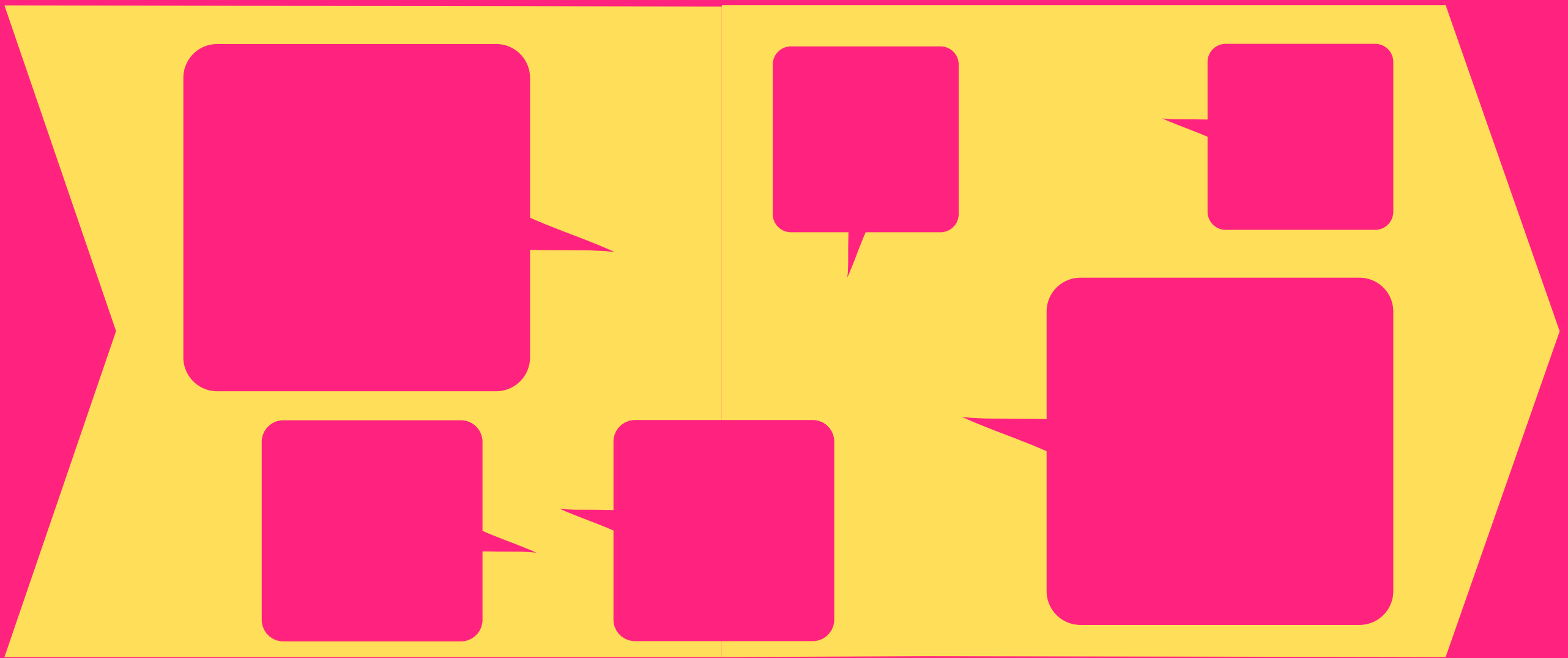


REPEAT OR ADD SHIFTS TO THIS PAGE AS NEEDED. IT'S YOUR STORY

ACCEPT - EMPATHY - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY

NOW ADD THE INTERNAL & EXTERNAL VOICES DURING & BETWEEN EACH SHIFT

WHAT IS THE ONGOING COMMENTARY YOU IMAGINE & HEAR



TAKE A DAY TO COLLECT & ADD TO THIS.

ACCEPT - **EMPATHY** - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY

FOUR WAYS TO DESIGN & TELL YOUR DAY DIFFERENTLY

1. CONSIDER THE SYSTEM AROUND YOU, CONNECTIONS & SEPERATION

2. CONSIDER THE LAWS OF NATURE - ATTRACTION, UNITY, CHANGE, ENERGY



3. CONSIDER THE ROLE OF NOTHINGNESS - SILENCE, PAUSE, BLANK

ACEPPT - EMPATHY - **CONTEXTUALIZE** - VACCINATE - DESIGN - TEST & TRY

ATTACK YOUR EMERGING STORY OF A "GOOD CORONA DAY"
TORCH IT DOWN (THROW "WHAT IFS" AT IT) & TEMPT IT.
FUTURE PLANNING INCL. THE WORST CASE SCENARIO & THE DREAM.
EVEN THE "NEVER POSSIBLE" OPTION (BLACK SWAN). ADD THEM STILL.



WRITE YOUR OWN CORONA DAY. INCLUDING TIME UNITS,
SHIFTS, TRANSITIONS, POSITIVE & NEGATIVE SURPRISE
AND REACTIONS TO THEM.



ACCEPT - EMPATHY - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY

TAKE YOUR OWN DESIGN AND TEST IT.
POST THIS TO YOUR WALL OR FRIDGE. TAKE NOTES.
POSTPONE JUDGMENT. NOTE THOUGHTS, ADD FEELINGS.



ACCEPT - EMPATHY - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY

IT TAKES 21 DAYS TO BUILD A HABIT.
THIS BECOMES YOUR STORY. DAY UPON DAY.
CONGRATS!



DESIGN THAT CARPE DIEM

ACCEPT - EMPATHY - CONTEXTUALIZE - VACCINATE - DESIGN - TEST & TRY