

TOPICS FOR OBSERVING

If you get stuck and can't figure out what activity you want to observe, here's a list to help you – pick a topic, or invent a new one. Additional description for each topic is on top of what I already said on how to fill in the Activity Sheets (see the back of the Activity Sheet for detailed info).

If you **invent a new topic** (which is great!) please have in mind the following:

Be detailed – focus on one very concrete activity (not general topic like “Health” – rather like “The unhealthiest food I regularly eat”).

Go deep – now that you are focused on just a short slice of your everyday life, try to observe as many details about it as you can, especially by asking *Why* repeatedly to uncover the hidden or unconscious motivations.

LIST OF TOPICS

This Is How I Typically Exercise

More precisely, how the exercise fits your daily life - not interested in exercise itself, but what do you do before and/or after exercise.

One Bad Thing I Keep Doing To Myself

Smoking, drinking, junk food, too much internet? Here's a chance to observe the bad habit. Focus on details, especially how you really feel while doing it.

Brushing My Teeth

Nothing more humble and common than this. And yet we all do it differently. How do *you* do it, with all the details, of course?

Exercise I Want To Do (But Usually Don't Do)

Imagine how that exercise that you would like to do would fit into your daily life. We're not interested in exercise itself, but what do you would do before and/or after exercise.

The Favorite Thing I Do At Home With My Friends?

Focus on one favorite activity, and describe actions as well as the context (time, environment) and objects you may use together.

Stuff I Eat At Home In A Hurry

Dying hungry but short on time? What do you do in this situation?

This Is What Makes Me Weird

We are all unique in some way - what is the thing you do regularly that not many people share? Focus on just one activity, and dive into details, as always: actions, feelings, motivations, objects and context (space, time)...

Things I Do Before/After Taking My Dog Out

A sequence of actions (and objects you use) just before (or after) you take the dog out - I'm referring to the ways that you prepare yourself (and the dog) to get out, or routine you have when you get back home.

The Healthiest/Unhealthiest Food I Regularly Eat

When, where, why and how do you normally consume it? What situation/context triggers you into it?

I'm Big Enough To Wash My Clothes

And we're all proud of you. Here's a chance to brag about it. Include actions and things such as where you keep the dirty clothes, time and frequency of washing, as well as where you dry your clothes. One thing you do not need to write about is your washing machine.

The Way I Organize My Fridge

List (or sketch) how you organize your fridge, including the objects you use, such as plates, bowls or some improvised tricks... Also things you feel good/bad about, etc....

When It's Time To Work...

How do you usually sit down to work? What do you do before a work session, how do you prepare for it, what actions you do, what objects you move/take/displace, etc...

My Mental Fitness

If you do some sort of mental fitness (meditation, brain training, chess, pray...) please describe where, when and how you do it, with focus on the time of day, actions you do before or after your session, and the relevant details of your environment and objects you may use.

The Favorite Thing I Do At School With My Class Mates?

This question refers to socializing aspect, not the work you do. Focus on one favorite activity, and describe actions as well as the context (time, environment) and objects you may use together.

A Few Things I Do Before Going To Bed

Sequence of actions you do just before going to bed, of course as always with observing deeply your feelings, motivations, environment and objects you get in touch with.

Things I Do When I Can't Fall To Sleep

It happens to all of us, even to students of architecture! Whether you can't get to sleep or you wake up in the middle of the night, describe situations and actions you normally do.

How I Prepare To Go To Super Market

Sequence of relevant actions before you go to the groceries (up until the point you enter the market), including -as always- context (where you go from) the objects you use/carry, the way you make a shopping list...

Things I Hate About Cooking

You know you always wanted to rant about this - now is your chance. Be very analytical and focus on what exactly you hate, just one part of the entire cooking experience. Explain it in detail by a combination of actions, motivations, feelings and objects you use.

Perfect Dinner At Home

Focus on *experience* of eating, not the food itself. How do you arrange the table, set the mood? Who are you dining with?

Shower Or Bath?

What's the difference in *experience* between the bath and shower for you, and what do you prefer? Are there some conflicts (ie. "I prefer bath but never have time").

One Thing I Keep Losing At Home

We all have something, what it is for you: keys, phone, glasses, nail-clipper? Describe the actions you do to find it (ie. last time it happened) and where you found it.

Things I Do While I Walk The Dog

A sequence of actions you do while you're walking your dog, including the things you normally think about, your emotions, places you visit, people you talk to, and of course, objects you use.

The Best Night Out

Choose one favorite activity you do with your friends *outside of your home*. Try focusing as much as you can on what makes it special, describing your actions as well as the context (time, environment) and objects you may use together.

Things I Love About Preparing Breakfast

We all have our favourite breakfast. What makes it a favorite? Choose your favourite, and focus on a part of the process of preparing it.

Worst Thing About Having A Pet

I know my answer - hair all over the place. For people with dogs it may be walking the dog at 3am. What about you, and focus on details, as well as things you may do to improve the negative situation?

Best/Worst Thing About Cleaning My Home

As always when you have “/” - choose just one of the two. Describe the situation (ie. washing the dishes, scrubbing the toilet) and focus on details of the experience. Also try to notice if there are some contrast: good aspects of something you hate, and vice versa.

One Thing I Keep Forgetting To Buy In Super Market

If you repeatedly forget to buy some groceries (like I do), select one of those products, and describe it in detail. How do you prepare it and eat it? Where do you store it? And finally - why do you keep forgetting it?