GIORGIA LUPI

An Evening Ritual with Giorgia Lupi

Take 10 minutes at the end of your day for reflecting and journaling, in a systematic way.

1. GATHER YOUR DATA

What was the highlight of my day?

What did I feel happy about?

What was missing?

What did I like about myself?

What would be the best day would have looked like?

What was I worried, anxious, or sad about?

Thoughts on how to improve the aspects I didn't like:

Did anything special or interesting happen?

2. VISUALIZE YOUR DATA

Your data visual doesn't have to be fancy. It's about creating rules for yourself, such as: If _____ (this) occurs in the data, then I will draw _____ (a color, a shape, a length).