



Notice

Don't hunt for diamonds,
get fascinated by pebbles



You are already good at this



Fall in love with a tree

Focus on something for a minute.

1 Second Every Day App



Write your observations

Your notebook is a lens for looking
at the world, not a box to keep it in



Try different way of
note taking



Create challenges
on any time scale



Pick up anything
Do regularly 100 times



Look at the world from
the eyes of a fictional character



Walk and Listen
with your feet



Pause regularly



Collect a visual note
every day





Collect all your hunches
in a spark file



Store all your
thoughts in ONE big box

Count something
Keep track of something



Maintain a Scrapbook

Moodboards

Mindmap

Read around

Deep Dive

Cross pollinate



Collect



Share

Tell the story
in your own way



Build something



Blog

52 things I learnt
100 things I did
Lists, diaries and weeknotes



Diaries to share with
future generations



week notes

Pick a project
Put massive constraints
Do it



Design the candle
OR
Design the room



Meet people

Go to Events



Virgil Abloh