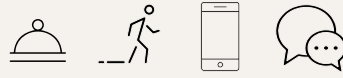


# Dear *Self*,

AN INTIMATE DATA PORTRAIT

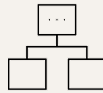
# Observe

*Look at your daily activities, and observe which ones you think are the most impactful on your well-being.*



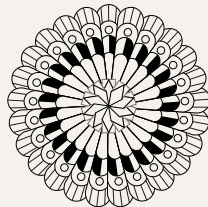
# Count

*Collect your personal data\* manually and/or through your devices.*



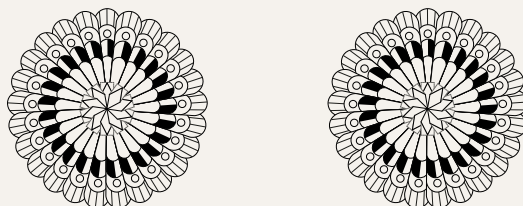
# Paint

*Use the Dear Self Mandala Template, to represent your daily data.*



# Compare

*When you are satisfied with your collection and data representation, compare the mandalas and take your conclusions.*



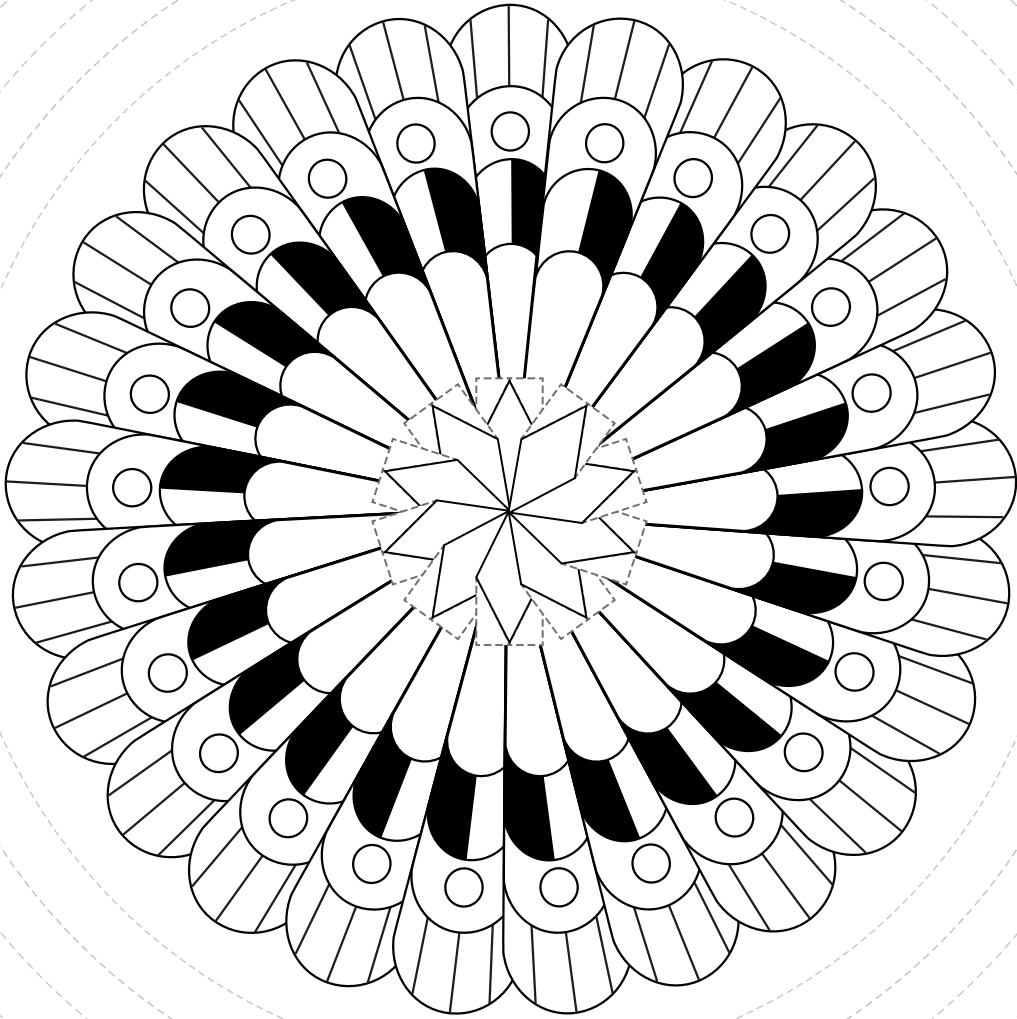
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\* The data considered on the Dear Self Mandala are just an example of activities that you can observe and collect your data. If you find other activities more interesting, please adapt the mandala following the same strategy.



Dear *Self*,

!



— / — / —

A day of \_\_\_\_\_

This is an academic analyzing the impact of daily activities on my mood.  
To know more about the project, access the website:

[https://2022.fbaul-dcnm.pt/carina\\_sousa/dearself](https://2022.fbaul-dcnm.pt/carina_sousa/dearself)