

Initial Comments	Transcript	Coding
	<p data-bbox="662 323 943 352">12 February 2015 17:04</p> <p data-bbox="475 386 935 415">How do you use the app, generally?</p> <p data-bbox="475 449 1127 810">I tend to use it on a daily basis, and to be honest with you, I'm not normally into keeping a journal, keeping a regular diary, so I'm not the type of guy that everyday writes a diary entry of what happened within the day, or my memories, or stuff like that some people do it, I don't do it. The reason I use GridDiary, is because I find it has value because of the way it is structured. I'm trying to find the right word, It gives structure - but also it's helping me focus on the things that matter most to me, on the things that I need to do and erm.. motivate me, you know and keeps remembering me the things that I need to remember.</p> <p data-bbox="475 844 1127 1058">I don't know if you are familiar with it, but the diary is an app that, in which you basically set up a series of questions. How many you want, in the order you want. And that's what I did so I created a set of different questions and currently I tend to periodically but I'm gonna read the six questions I currently have, which will give you an idea of why I currently use it.</p> <p data-bbox="475 1092 1097 1243">One question is "Today I feel grateful because..." Second is "who did I help today?" and "Other good things I did today." "What did I do to get closer to my 2015 goals?" "What could I have done better today?" and "My proposition to make tomorrow better?"</p> <p data-bbox="475 1276 1127 1549">So these are completely custom questions created by me and their value is quite self-developmental and also keep tracking of my goal, keeping me focused. What I usually entry is usually quite brief - not particularly interesting to go back and read, not a *mumble* I'm going to leave for the posterous, something quite boring. But the value is helping me to get to the right focus, remember the right things, it's more about what it helps me remember.</p> <p data-bbox="475 1583 1122 1701">So do you ever look back at things from the day before? Or is it just at the moment that you put it in then you sort of forget about it? Do you ever sort of look back?</p> <p data-bbox="475 1734 1105 1793">I tend to do it every night, and if I forget, I just forget. I tend to be regular, but if I forget, I don't go back to...</p> <p data-bbox="475 1827 1114 1885">But do you look back at say some entries from a month ago or do you sort of - are you interested in</p>	

what you've written a few weeks ago or a month ago - have you any interest in looking back what you've written or is it really just for the moment and the time you're reflecting on it.

To be honest with you I've been using this app since, more than one month, so I don't even know how long it has been around to be honest, so it's not too old as an app. Honestly I doubt I would go back and read what I wrote in the past.

Besides what you write in it, do you include other things in it as well - things like photographs or where you've been or those type of things? Besides just what you write...

It may happen.. it may happen. I did it just once I think at the beginning. But erm.. ultimately... in the end I find myself using it more (...) of value for remembering and keeping the focus on certain things rather than keeping record of what I did.

That's really interesting. So how did you start with it? What was the motivation to start using this app?

I'm quite into you know... self-development. coaching, I aspire to be myself a life-coach into the future. I'm into this type of stuff. And I'm a creative guy... so I'm not a guy who has a lot of memory or remembering things, or is punctual etc.. so I heavily rely on apps to remember things or get updates so you know I use Evernote connected with Swipes and erm... other stuff. And this grid.diary is erm... I was looking for something, I'm always looking for apps that can help me be more focused, be motivated. And so I randomly found this app, I had a look at it, it looked interesting to me, so I started to use it, I think it looks beautifully designed, beautifully coded and erm I just found it useful.

And do you imagine you will keep using it for a long time, or do you think you will try something else? No, I think I will stick it with actually. I'm a person who tries many different apps erm... always looking for sort of perfection shall we say.. but yeh.. the function of this grid.diary is something that I was not actually planning to do it, when I started to play around with it, I found this use, I started to formulate my questions, but yeh it's useful. It's quite unique I would say as well. So I think I will keep on using it.

And the questions you ask, you said you changed them a little bit - are you... why are you changing them?

Erm.. I think that... I've been changing them because I've not been using it for a lot of time, so...they were not very different before, there were four... I just went to slightly improve them, based on trial and error, and the

effect it was having on me. So I did two or three trials before coming to the right questions. Right now I'm happy with these questions, but I can imagine I will change something in the future depending on what I need to do. If I need to be very focused on something, maybe on something specific maybe for a period, I may add a question or remove something or change....

But when you're writing, who do you feel like you're writing to? Are you writing very much to yourself or is there an imagined ideal person you're writing to? Is there an audience for what you're writing, if that makes sense?

I would say I'm writing for myself.

Do you ever talk to anyone else about using the app, or what you've written?

No I've been recommending this app to people, not sharing the content... also because it's not particularly interesting to be honest. It's just bullet points, very... it's just... the value is just bringing my mind to think, to remember the things. For example remember to be grateful about this and that, you don't bring your attention to that normally, I don't at least, but if I have an app, that asks me this question, even if the answer is dumb, I do the effort to think about it. And that is the value for me.

And so does it give you notifications, or do you have to remember to use it at the end of the day. Or does it sort of say, you've got to answer your questions today.

I get a reminder. So sometime I have been skipping it to be honest... but yeh.. if I feel that my life is going out of track, I will go back to it, in a very punctual way.

How long roughly does it take you to fill in the answer's to your questions? Just a few minutes or...?

Yeh it's usually 5 minutes. 5 maximum 10.

I wonder if you could just look... I know you said you've nit looked back much at all.. if you're able to look back and if you're able to give me a sort of examples of the things that you put into the app. Things that stand out to you as being interested... or anything you imagine you might look back on and find interesting?

So.... I just... erm.... I dunno... I just read you some examples.

"Today I feel grateful because I am being constant in not smoking."

"I met someone nice on Twitter."

"What could I have done better today? Stretching. Or work on morning routine or.. I dunno."

"What I could have done better today? Be more

concentrated on my task."

"My proposition to make tomorrow better - do meditation."

So it's forcing me to think about the things that matter what I did wrong or right and it helps me maybe the next day...

So do you sort of remember the next day what you wrote the night before?

Yeh, even if I don't remember, if I keep on asking the same question everyday, it helps shape the focus.

When you're looking back at those sort of things there - how do you feel about it generally? What do you think about those days? Do you remember anything about those days?

Not too much to be honest. For me it's just a functional thing. The purpose is to remember in that moment. Be grateful for the day. It's not something that accumulates but helps me build a habit to appreciate more what I do or what happens to me.

You said before you're not the kind of guy who really wants to necessarily remember about the past or record everything? Why do you think that is?

Honestly, I think that there is so much data around that if I was constant in keeping a diary everyday in which I document what I do during my life etc. etc. even if I had a lot of kids, and after I die... I doubt everybody would go to the trouble of reading it at all. It's... (laughter) who cares you know? It's... except maybe they will have a look at this or that... plus I would say you know I'm into social media and what you post on Twitter or on Facebook or anywhere else are a sort of diary in some sense. It's not a personal diary in which you have the deepest confidences or stuff like that but still it's a track record of what you are thinking, what you are sharing so that also kind of substitutes the sort of need of leaving a legacy in terms of thoughts or memories. Some times I tweet them and that's it (laughter).

Do you ever look back then in social media at tweets from before, back through your timeline these sort of things.

Erm.... Not really... not on Twitter. Maybe on Facebook. But rarely. Once a year.. just have a look, what I did, what happened this year. At the end of year you get reminded so, yeh it can be nice to have a look back, I don't do it often. I'm not a nostalgic guy.

Do you ever sort of imagine those things sort of being connected to what you're doing now with Grid Diary. Do you imagine having an archive of different things in your life or are those things really unimportant to you?

Yeh I imagine myself having something like that - but I think it will happen naturally. So all the stuff like Facebook, Twitter, Instagram, Pinterest or you know... honestly that by the time and I will die... hopefully latest as possible, I can imagine a service that captures the life of people by the traces that they leave behind, and that forms the memory, and not just that, and I think there will be probably be some AI that will mimic what I was and be in the cloud in 1000 years if anyone will mind talking to me... Yeh I'm a bit... I think it will happen very much automatically without need of me to have to act...

It's really interesting you're using a diary app as a way to sort of really keep you focused on the present and things that are important to you. I just wondered if you've used apps for this purpose before? Have you tried to use other apps which prompt you to be reflective and be mindful?

Erm... I quite like... It's not necessarily diary apps, I quite like coach.me. I think it's a great app. you know get good habits or lose bad habits. As I say, I'm a fan of ever note and sync with other apps like Swipes. But I would say right now, I use pretty much evernote, swipes, and coach.me and grid diary.

Quite kind of practical?

Yeh, nothing else really. I've been using ZenDone, even if the interface needs to be improved... it's a good concept, it's based on get things done philosophy.....

Is there anything you think is missing from the app at the minute? Is there anything else you would like to see connected to it? Or is it ok as it is?

I actually sent them a recommendation.. More than adding something I think they should remove something. So right now you can put the mood and the weather for each day. Which is not mandatory but if you don't enter anything there, will turn out it was always sunny and you were happy. I told them to remove the default from that... I believe that they will do it, they say... they told me they were going to do it. That was just a suggestion, but I think it's (mumble)... as it is to be honest.

You know maybe other people use it differently, maybe in a more extensive way but I see the value of it for self-development. There are other ways of journaling that I experiment that are also useful. For example I used to write a journal when I was waking up with an app called... I don't remember the name of that... It was a very very simple app that was just plugging straight on evernote, it was very spartan. In that case I would just write a sort of stream of consciousness. And the value of it was just to release things and get more clear in the head. But I don't do it that much.. But I know there are people that do it.

And again with that you weren't interested in looking back, you just wanted it's use there to help you start the day.

Erm (long pause)...yeh... I have previous in which I intended to take pride in writing a proper journal, but I quit after 2 or 3 days. So it doesn't have much value for me. Of course there are things I would like to remember and keep track of, but then I use evernote for that. I don't need to write a regular diary.

So how do you... when something occurs to you, you just take a note of it in evernote, it's not sort of structured as a diary it's just there if you need it?

Yeh I just take a note and tag it and that's it put it in a folder .

And can you give an example of what kind of things that might be? Just a thought or a memory?

Basically anything that enters my field of perception and anything that... I'm on the street, and I see a poster with some event, and I just take a photo and throw it on evernote, I throw it on the inbox then I forget about it. Then periodically I check my inbox and then I process it and then I take any action. Either it becomes a (???) or it becomes a memory? Or when I'm surfing online and there's an article online I need to remember or something. There is an extension for the browser just ever clip, it just clips stuff. Or I use it for you know making plans. Even, you know I need to do groceries, I just make a check list on Evernote, I synchronise to Swipes.

All sorts of things. Anything I need to remember. Either something that i need to action or something that I want to be diary, I tend to just throw it in there in evernote.

Can you just say again how you're able to look back at that then? You've got it all in different folders? How do you become reminded of those things again?

I tend to use tags. And erm... I tend to use tags and create a structure of folders. I tend to use a folder called inbox as default which used to connect to Zendone as a processing folder. Now I don't use Zendone anymore, but I still keep inbox as a sort of folder where I throw... if I cannot categorise something immediately. I just throw it there, then periodically I go the inbox folder and I process that and I put them in the right folder and I tag the stuff appropriately. Or it becomes a task on Swipes. So it's.. yup. I also have like my recipe book there. I find a recipe and I just throw it on evernote in the right folder and then it's there. And then I have subfolders with recipes and then I have like meat, poultry, smoothies, stuff like that.

I think I've asked you everything....

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