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Maybe you could start by telling me what sort of journaling apps you use, and how you use them and what you use them for?

Ok, so I guess the most obvious one to start with would be Narrato because that's the first one you mentioned. The funny thing is that I'm not using it at the moment. One of the reasons being that I've found writing to be quite a big challenge just in terms of time, so I've kind of gravitated more towards more quantified journaling... (cut out) **I think I've lost you there...** where it's all just automated, and I don't have to do very much. Ok, can you hear me now?

I've gravitated more towards more quantified and tracking apps because it's all automated, and because I have an interest in kind of, you know, observing and seeing how many steps I've done a day, or how many miles I've walked. So I'll come back to that in a bit. But going back to Narrato, it was really because I know the team who created it, and I was part of a social media community on a platform called [anon] and the Narrato guys were actually one of the few UK based users of that platform. And I ended up being someone who organised a lot of meet ups so I got to know them and I was kind of talking to them when they were developing it and it was still a beta stage. And because [anon] itself was such a community of early adopters, the Narrato team really used it, I think quite successfully, to kind of trial out and test. So a lot of us were using it in it's really early stage.

And what was really nice about it, it had a lovely interface. And it it really was, because it was about more than just text, it was kind of a nice toy to play with, and I could write things privately for myself, so I was kind of using it as a diary for a while. But then also I could share stuff, it was also in that way that it was bringing together text with images. So it was kind of a space for expression as well as recording stuff. And making a note of what was going on in my day. So I actually went back and had a look at it, but I haven't used it for at least a year, and as I say I got out the habit of using it because... with everything that I have to do in a day, writing for myself is actually a real luxury. And I found that I was using other apps for the majority of my writing. And I just kinda, just didn't want to, I suppose journal any more...

So how long were you using it for in total then? For about 2 or 3 years then?

I'd say for about 18 months? And certainly solidly for... probably for the first 4-5 months I was using it on quite a regular basis. I didn't really have any structure to it though, and I do know from that same group of people who were first trialling it out on app.net that some people it was their daily thing and they're obviously a lot more disciplined than I am. But yeh I liked it a lot.

Could you say what sort of things did you try to record in it? Just thoughts, or things that you had seen? Or what sort of things did you try to record?

Yeh, it was. It was a combination of that. I decided that it wasn't really going to be a place where... because I blog as well, so I decided that I wasn't going to be my draft notebook, I do that on a separate site. This was really for me, my own personal thing, and really treating it as something that I probably wasn't going to share that much and that often. And so there, are, you know, for example when you've had meet ups, just stuff that as I was experiencing for the first time, or just part of my journey, so sometimes it would simply be a photo of where we had lunch, but there would be some text just kind of... either what I was thinking, or feeling at that time or just something that I wanted to remember.

So how much would you write in it in an average sort of entry?

Oh how to say... I didn't really pay attention to that. I mean I can go back and look? **Yeh sure..** And send you that information if you like?

Just generally, was it a few lines or was it a longer form, something that you had thought about quite carefully.

Ah, in that case, it's very rarely a few lines. So this is my challenge with writing, I write very long, same way that I speak, you really have to stop me from rambling, because you know words just tumble out, it's very rarely brief, and maybe that's probably part of my, part of the hurdle for me. That I find it very difficult to be concise. And after a while, the challenge really is that it becomes a bit of a distraction because I have so much else to do.

Besides photo and text what else did you include within the app?

I can't remember if I was using... if from the very beginning we could add video. I'd have to go through the posts a bit more and I could do that afterwards if you like. But yeh it would be mainly text with an image, it's very rarely just text.

And what did you feel like, what did the text do for you and what did the image do for you? What were they doing for you together in the app, what was it about that combination of things that was helpful for you?

I think the combination having the visual with the written is that you don't really have to fill in as many gaps when you're... so as soon as I see that photo, all of that sense memory comes flooding in, but plus I have the written text to really frame it. So it feels like it's a more enriched memory because there is so much detail there. So one of the things that Narrato did, they had... it had sort of like an emoji menu, I think it was maybe 6 or 7, I can't remember. And that sort of... I think a hangover from one of the first apps that... so one of the creators of Narrato is a guy called [anon] and one of the apps that he created for [anon] and it had that kind of emoji thing and it was really distinctive. And so it's just kind of a fun thing, emoji's it's just another layer of expression and so I would use those quite a lot and the range of them, was pretty basic, happy, sad, grumpy... but I remember having a conversation with [the creators] who was his co-founder and just saying, I can't remember why something would have happened I was probably either tweeting about it or journaling in Narrato to tweet, but I didn't have... I wanted a really sweaty emoji. I was saying you guys need to expand this, and you need to

give me ammunition that expresses all the swearwords that I want to put down. And they promised it but it never happened.

So I think what I'm saying what was really great about having visual with written is just the combination just gives you more context. And that's what the emoji add as well, they just add another layer of context which makes it, I guess more engaging, more immersive, even if I'm not sharing it with anyone else just when I look back... you know, it's more of a complete story.

And so is it... on what occasions would you journal? On your phone during the day, or late at night before you go to bed. How would you practically use the app in that respect?

Yeh, I think when I was at my most sort of prolific even with it, was when I had a proper routine for it. So it would be at some point in the evening. Most likely when I'm winding down for my day. At some point just before I go to bed. I would very rarely start the day journaling, unless you know I specifically want to remember a dream. And as I say, it wasn't really.. I only used it to record stuff, so it wasn't how I managed my tasks, it wasn't a productivity thing for me. So mostly at night,

And the photos in it, were they imported automatically from your camera... how did the photos end up in the app?

Yeh, imported from my camera roll.

That was everything or you cut some out? How did it become a journal then in that respect?

It would just be a matter of selecting the photo from the camera roll, and there was no sort of automatic upload of everything.

So you would have taken a few photographs during the day, choose which ones you wanted in the journal, and then write a little something on top of that? Would that be roughly how it worked?

Yeh, pretty much yeh.

Did you find that you looked back on the app a lot? And how and when would you sort of do that?

Yeh... erm. I'm not really one of nostalgia. As much as I've spent all of this time kind of recording stuff, I don't often go back but every now and then you just do.

But can you think of a particular trigger or something that would make you want to do that or just a random mood?

Yeh, I'm just remembering that at the time, I was also using an app called TimeHop, so you know how that gives you a little snapshot, and if I remember correctly, there might have been a couple of times where my time hop showed me something that I had posted from Narrato. So that would have made me go back and have a look, or just to open up. But yeh it's hard to say, because I used it less and less, and I kind of changed my habits.

Other things that you're using... (breaking up...) I can hear you now! I was going to say, other apps that you have used to record things, have you tended to look back at them or would you say it's quite practical or present focused?

Actually now that you mention it, I mean I use Evernote a lot more now. and it didn't, it didn't immediately take over from Narrato, but I think I sort of got very structured in the way that I work, and Evernote is such a great tool that supports most of what I use. So it became the one app that I use to really organise and kind of manage my day. And just the way that evernote, just works really seamlessly, with everything that I do. So it's great for note-taking and you know it's great for syncing up with my diaries. So I was using an app called Mind and I could sync up my notes with my calendar and it meant that when I was going to workshops or hackathons or meetings or whatever. And it just sort of meant that everything was there quite effortlessly. And so because so much information is going into Evernote, and it really is about all aspects of my work life I do go through evernote quite a lot. The hashtags help, the fact that I've got a number of different notebooks specifically, for very specific areas in my productivity, and every couple of months, maybe twice a year I just go through, and do some housekeeping and trim it down. So I think what I'm saying is that I'm probably more disciplined with evernote than I was probably with Narrato, which was as I say a lot of fun, but I use evernote in more crucial ways.

You say it was a lot of fun, do you miss using Narrato or do you miss journaling regularly.

Erm.. I don't think I do. I don't think I really miss it, although as I say, I really liked using it. But I think the space that occupies in my life, in terms of time, is quite a narrow space, and if anything, I use that space to blog now. I've decided 2015 is my year to be more disciplined with my blog, to blog more often and be more regular with it and I tried to do both and it doesn't work. So, that's kind of where I'm at with Narrato. And I don't know now if it's even being fully supported anymore or if they've moved on to other things?

But you still have the app on your phone?

Erm I think I have it in my.. in fact no, I've.. so it's there in the cloud, I've deleted.

So would you be able to look at it while we're talking or would that be a bit of an operation?

No, I think I'll drop the call yet, I can go in there and I can look. Yeh please go ahead and ask..

I have a couple of questions about motivations, and then if you're able to look back and give me a flavour of some of the things you might write about that would be really good?

SO besides knowing the people who made the app, what was your trigger to start? Had you kept diaries before?

I did a lot when I was a kid, and then probably a lot as a teenager as well, but as

a grown up, not very much. And I don't really know why that is actually. So yeh... I think also there was an element of.. because people were talking a lot more about the quantified self, and this was kind of my entry point into it because, I wasn't really interested in wearables you know. A lot of people I knew.. the pebble watch had come out at some point, but that doesn't really appeal to me. I haven't really got any excitement about the quantified self in any way. When Narrato came round, and Tony and Rangi came out and they were talking about the quantified aspect of it, that was really interesting to me. So I guess yeh it was just a new aspect with my life, even though the actual process of writing something down goes way way back in my life personally. It was just a new way to do it.

Besides you said it was quite an enjoyable thing to do... what else did you get out of the journaling process?

I think possibly it didn't really give much back.. (laughter). Because if I think about the acts that I do that are quantified now, they give me an understanding they've got some data visualisation aspect to the, all of them do really apart from ever note, they kind of teach me something about myself that's quite accurate, whereas the journaling is really quite free-flowing and it's not about numbers specifically, because it's not my blog, I'm not thinking about the number of people who would have read it. It's kind of just there, and it doesn't really in any sense give anything back. Other than the fact that it's just really satisfying to do.

When you were writing it were you thinking on how you might look back on it, or were you writing for the future in any respect?

not consciously, but I think there must be something about writing things down... on some level you must be aware that it's possible that I might come back and read it or somebody might discover it and read it.

But you didn't feel like you were consciously recording something that might be valuable or interesting to look back on in the future, you were just writing for the fun of it and enjoyment?

Yeh yeh, just writing for the fun of it?

How did you decide what to write about it? Something came to you during the day? Or whatever was in your mind at the moment? How did you decide what you were going to write about on a given occasions?

Yeh, just whatever was in my mind. It might be using my journal as the only place to say something that I can't say anywhere else. Or it might be you know as I say, kind of like a blog post, but just to myself, or just to narrato that I didn't share. Which is kind of why there was this sort of 'yeh, if I want to blog I'm not going to be able to journal'.

I've spoke to quite a few people who journal in quite a chronicling way, they don't write down much, but quite sort of mundane things about where they were and what happened that day, rather than that sort of lengthy feeling. Have you ever recorded things like that as well, or has it always for you

been quite a sort of reflective and long form writing as it comes process?

Yeh I guess for me it's kinda, it's more reflective than anything else I think. You know it's not very structured and I probably wouldn't be able to.. I wouldn't blog anything that I put into Narrato without some heavy editing. It's not kind of fit for publishing.

If you're able to access Narrato there, do you think you would be able to look back and give me a flavour of the sort of things you might write about and the entries that are there?

Yeh, let me see if I can get to it.

So it's just now it's sort of you logging into the Narrato website or something like that?

I'll tell you what, I'm just looking for the app in my library because I know that I did delete it a while ago.

Had you downloaded your data elsewhere before that? Is it something you kind of made a point to keep before that?

No. I didn't, I kind of assumed that I'd always be able to just download it when I needed it, Oh this is very interesting because it's actually got a price on it now.. and Narrato is something that I got for free. What I might do, if you don't mind is just kind of look through look for my two archives.. because I don't really use it, so I'm not gonna pay for it now only to not really use it. So I'll... I'll kind of look for that, and if I do find anything kind of send it on to you.

Do you imagine you'll come back to journaling at another time?

In a way it would be nice have the time to do it, but there's another...yeh I kind of keep going back to this 'it's either a blog or a journal' and why it doesn't feel very possible for me to do both. And I think one of the things I just sort of reemphasising is that as much as I liked Narrato, I don't really miss not journaling with it, I don't really miss Narrato and I think there are other things that I'm doing that kind of take the place of it and really a lot more goes into my blog and...

What other sort of things do you record then about your life now?

Ok, so I mentioned Evernote, I use Moves which is a tracking app, and that's kind of interesting. So I really just started using that this year. And I use an app called Clue which is a really nice apps for women's body. **Oh ok, I had a little look at it earlier...** And that requires input, unlike Moves which is fully automated capturing your data. I think why Clue appeals is the fact that it's kind of.. well one it's medically quite interesting to see what your body is doing and see pattern and there's an aspect to that which is about kind of preparation and being ready, so you can set up notifications to kind of tell you 'oh ok your period's due in two days, ok much get tampons', that kind of organisational thing. And I think from what I can tell, I guess I'm assuming, the fertility aspect of it must be really useful and its got really great data visualisations. I wasn't sure when I got it whether I would kind of be arsed to every day... but it's not everyday that I'm having to put stuff in. But there was one month when they asked people to do a bit of beta testing which I did. And what happened was that you kind of used a beta version

of their next update, but the data didn't transfer across to the app that I originally had. I didn't know that at the time, and didn't realise that was going to be the case. So I kind of really miss.. so there's a month kind of in my maybe two years of using Clue that it feels like it's missing because it's somewhere else and it couldn't be imported. So it's become kind of... as I say it's just a really interesting way to kind of look at my body in a way that there is nothing else out there that does that. So it's kind of niche but it does it really really well. So I feel really kind of loyal to it as well

You also mentioned that you used Evernote Food... yeh .I use evernote a lot, but I've never used Evernote Food. Can you tell me a bit about that?

I think I discovered it quite by chance, but it made me really [...] and a couple of people talking about it. So Evernote Food, it really is for more recording, but the food aspect of your life. So you can, you can do the instagram thing and take photos of your dinner and record it. It's also really good for searching recipes. You can erm make a note of where you've eaten, write a little note kind of reviewing the meal or the place or whatever. I mean it doesn't need to be separate from ever note itself, but it kind of works as a separate app.

And so all these things, Moves and Evernote Food and Clue and things.. do you find that you look back on these things very much? Do they offer you a memory of the past in anyway?

Yeh I mean thinking about Evernote Food, certainly. And I think because personally.. I happened to have moved around quite a lot in the last year and I know that erm there have been times when my eating habits have just changed, and so certain things, I just remember kind of looking through it I think over xmas when I was going through my sort of reorganising and housekeeping phase and I had forgotten that I used to go to a certain place to get a certain tea, kind of thing. And maybe it's because you know, I'm quite a creature of habit with my food, it's quite routine I tend to eat the same things week in week out I'm really happy about that so it's quite nice just to be reminded of stuff I was trying out a year or so ago or whatever. And given that.. I don't really cook a lot, so it doesn't... I don't use it for recipes and I guess if I did it would be a really nice way to journal stuff that I'm being creative with in the itches. But as with everything, with the evernote ap, it's really nice to use... erm and also it sync really well with the evernote Mac apps so... I think one I would really like it to do is just create shopping lists, I think that's one thing they could have built, because it makes sense to have it there.

How does things like Evernote Food and Clue and things compare to something like Narrato as a way of recording your life?

I think the main difference certainly with Moves is that it's completely automated, and really what Moves is doing is just giving you statistics in a way that's really interesting. I'm sure they're collecting a lot of really interesting data about their users in the background. And do you know what I've kind of given into that, because who am I kidding if I think that I can you know go off grid. And so... and I

think there's also something with Moves, with all of these apps, have an aspect of social sharing to them, maybe less so with Evernote, not in quite the same way. So with Moves, so I generally decided to set myself a target to walk a number of steps everyday, and that's something that I declared to my friends on Facebook. Whether they paid attention or not is another matter. So what Moves does that is quite nice is that however you travelled, there are three ways to view your movement, it's either recorded in minutes, or number of steps, or number of kilometres. And every now and then I'll share that within my network. So there was a day last week, where there was a real day of just going up and down, I was absolutely knackered at the end of it, I posted it on Facebook, I'd walked something like 8km, and I was like no wonder I'm so tired and erm... I'm not necessarily looking for engagement but it's kind of interesting.. somebody would just look at that and either comment or just thou know, interact with it on some level and then it's gone, so I like that aspect of it as well.

To what extent do you feel like apps, like Moves and Clue have these sort of practical uses, but to what extent do you feel they accurately capture your life as well, in the way that people might use a diary for, or might take photographs for. Do you feel these other apps, to what extent do they record your life, and kind of reflect what you do?

I think they do it really well. I think it's like I was saying with Narrato, it's another layer of context. I'm just remembering that I had a conversation with somebody on the Clue team, maybe after one of the Beta tests and in fact, it was one of the designers or developers rather, and so at that point Clue was really just mapping out your cycle, and mapping out the months in a number of ways, and what I was saying to him is, what I was kind of looking for was a combination with Narrato where.. because what they had at that point was... erm a really brief drop down menu where you could add a hashtag to like a preset menu. So.... a lot of it is really biological is... you might be angry, you might be upset, and what I was saying is that I was really interested in being able to record, just to record text on top of that. So if I have two days where I'm upset, I can see that when I open up the app and look at that particular day, but what might be really even more useful might be to kind of connect that to something. I think I was actually talking specifically about skin, so if I have a breakout, I might want to be able to see that it's connected to the chocolate that I had on Monday, because I know chocolate makes me break out, but I wanted chocolate that day. As I say, it's about context that gives you a deeper understanding.

Is there anywhere that you sort of combine these different apps? Or do you kind of have to look at them all sort of separately, or is there a place where you are able to combine these sort of things and get an overview of your life and your tracking.

Well actually, it's funny you say that because I do have an app that's called Addappio, I'd have to look it up.. **What's it called sorry, Addappio?** Yeh, I'm just gonna have to call it up.. AddApp! That's what it's called. And so AddApp is really interesting to me because it's actually adding a layer of insight to the data

that it's pulling from my Moves app and, because I'm on an iPhone and I enabled, iHealth, and it's also pulling, and my iHealth is connected to my Clue I think, and my SleepCycle. SleepCycle is one that I use for sleep, really into SleepCycle. Because it does so many things other than just record. And so AddApp, and it's still quite early, but they are, as I say, giving insight based on the data that they're pulling that I've connected via AddApp. And so yeh, that's quite interesting. It doesn't cover everything that I used to record I suppose... Clue is not connected to it directly, it's kind of in an indirect way, and it would be nice to eventually, just have one app that is just the dashboard for all the quantified apps.

These sort of apps you use, to what extent would you say it's about the present and practical use, and how much that helps you understand yourself at this moment in time, and how much of it would you say is it about LifeLogging and trying to capture things that you might look back on. In a sense wanting to have a record of things?

It's little bit of both, but it's probably more about the recording and wanting to understand more. So yeh I'd forgotten to mention SleepCycle as one that I use, because I use that everyday. And again SleepCycle is one that is 99% automated, that it's recording my sleep... (losing connection) **You're breaking up...** ok is that any better? **Yeh it's caught up..** yeh the only thing I have to input into SleepCycle is an emoji when I wake up how I'm feeling, but it is really interesting in that it's made me think about the quality of sleep that I get, and I use that in conjunction with an app called SleepyTime which is really good for, just based on your sleep cycle, it's really good at telling you when's a good time to wake up, depending on when you want to wake up, or when's a good time to go to bed depending on when you want to wake up. So it goes either ways. And I have found that that's really helped me get a better quality sleep, because I'm more often sleeping at the best time for my body, and waking up at the best time for my body. So it's no longer about I've only had 3 hours sleep and I feel like crap... it's more like 3 hours, and I've had 3 hours that's the best for me and I'm going to survive the day..

And again is that something that you look back on... you've been using it a few years now? Is that soothing you might look back on, how you slept a year or two years ago?

Yeh, SleepCycle is something I haven't been using for a full year yet. And I have looked back on it on occasion, because there have been some days where... are you familiar with it?

Yeh I used it briefly myself a while ago but I've found since sharing a bed with someone it doesn't work very well for me anymore.

You know the bit that tells you about your sleep quality... I had one day, I think it was in November where I had 99%. I woke up and I felt amazing, and I had one day this week where it was just the other night actually, where it was 34%, I had such a bad night's sleep. Erm, so it is kind of interesting just to see generally... Because also one of the ways it was most helpful for me, is that I'm pretty much

a night person, but I really needed to get control of my sleep times, so just looking and seeing actually, I'm going to bed at 2am quite a lot, need to cut that back. So it's just helped me kind of... because it's so visual. So I can make judgements and decisions based on that.

And do you find that it really works? I mean when you said there, I had 99%, do you think that really accurately reflected how you slept and how you felt, and when you had 34% did you wake up thinking I feel really shit, I've only slept 34%. I've always found a percentage quite an interesting way of representing that? And did you feel that mapped on to how you actually felt?

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I think I was just asking you to what extent you felt the percentages in Sleep Cycle kind of matched on to how you actually felt at the time?

Yeh, I think those two examples, the one's I gave are quite extreme, so.. I mean I have to say I absolutely felt like shit when I woke up and it was 34% and I absolutely felt amazing when I woke up and it was 99% but it's funny that you ask the question, because some time when I look and it's 79% and I think oh! Just because... even though I know how I've slept, but the frame of reference... it's obviously scientific, but sleep is about how you feel more than numbers, so I think there's always going to be, unless it is acutely good or acutely bad, it's always gonna be 'alright, if you say so' but I could prove otherwise or...

But those extremes then as well, do you remember them clearly at all?

Yes, absolutely. Yeh. I do.

Is it quite good then that you've got that recorded, if that makes sense?

Yeh, definitely, definitely. The 99% it was.. I'd spent a few weeks homeless at some point last year, so I was moving around a lot, house sitting, and staying with various friends, and I had literally been in ten different homes over like a 5 week period, so when I moved in where I am now, that 99% was kind of like me finally being able to rest completely, because I was in my own bed for the first time in a long time, so that 99% isn't just about it was a great nights sleep, it was also the end of a bit of an ordeal, and the beginning of just feeling more settled.

And just to sort of wrap up almost, there's lots of things that record parts of your life, whether it's social media, or diaries or notes you take, or emails you send or whatever. You're talking there about that 99% representing a significant sort of moment or point of time in your life... to what extent do Quantified Self tools do record or give an accurate record of your life that you can reflect on?

I almost want to say that they are just... they're a really good starting point because, and for all of the quantified self ones... because as I say it's numbers and it's data visualisation, it's very specific, but they're only a starting point because they only have real kind of deep meaning to me if I add all of the other

context on top of it? I think? So, you know with Moves, it might be yeh you walked 8,000 steps that day, but there are gonna be, and that's unusual of me, so there's going to be some memories about what was going on on that day that make it quite distinctive. And...**No on you go**, with... I was just gonna say, I think what's really valuable about (???).. and I'm sure people use them in different ways, but for me it's the management and the organisation aspect that I really enjoy so, and again because it's numbers... it's kind of like everyday is gonna be different, because everyday is different, so it is about that progress or that journey, so it's really about linking things, just kind of threading things together, because if I think about the conversations that I have with my friends or my family, there isn't one person that I am going to speak about all the mundane minutiae of my life, but there are places where the mundane minutiae of my life is stored to me if I want to look at it.

Brings me on to pretty much my final question, do you imagine a future use for this in 5 or 10 years time say. Do you imagine you will look back on this, or what sort of data would be important to you in 5 or 10 years time?

Oh yeh, I don't know. I've no doubt that it will be important to me, whether I'm as preoccupied with it, or as disciplined with it as I am now, but because it's such an accurate snapshot, will it be (poor connection...) because it is such an effective trigger, for more detail... it's always going to be valuable I think. Whether it.. because even now, I kind of feel like, like I'm not somebody who's going to get an iWatch, as I say, I'm not interested in that aspect of it... because I was never a Fitbit person, or a Jawbone, but it may be then in 5 years time there's an aspect of quantifying myself that is just really nice to do on an iWatch. So yeh.. you know, if there's a way that it kinds of makes my life more efficient, or adds some more enjoyment to my life then yeh, it's a strong possibility that I might be into in 5 years time.

Of all the things you record and stuff there, is there anything you feel that is missing? That you would like to be recording more about your life, or you think that you should be keeping more of a track of that you're not or you're not able to?

Erm... Yeh.. I'm just gonna mention this.. because your question really just reminds me that... there's an app out there that I think's called MoodPanda. So at the same time that I really did make a sort of, not resolution, just made some changes about how I was doing things this year, and Moves was one of those things, and Mood Panda was another, and MoodPanda was another app that you can connect to AddApp, so I think I signed up to MoodPanda, and I guess I feel it was going to be one thing, and what it is is actually not right for me. I think it's... it seems to be a place for people who need to kind of offload or vent, or just say 'yeh, I need a hug'. Because what I noticed actually was, I would want to put really celebratory stuff on it, but most of what I was seeing was quite - 'I'm dealign with some shit and it's really tough' and it's Christmas and everybody's fighting with each other... so I kind of liked the idea of really simply showing, I feel good, or I don't feel good, and kind of rating it, and I thought that would be

really interesting to see over the course of a number of months, and my mood kind of evolving. And kind of looking at that, you know on a graph on a bar chart or whatever, but I found that platform, that space to be, just way more on the sadness than I actually wanted to experience on a daily basis. So I didn't go back to it, and I didn't really look for anything to replace it, which I might do at some point. So maybe what I'm saying in answer to your question is... if there's one thing that I'm not really doing at the moment, is really recording my mood?

But when you were journaling, using Narrato do you think you were recording your mood?

Yes, a lot more.

Anything to add or ask me?