Maybe start by just telling me what apps you use and what it is you're recording on a day to day basis.

Ok so I have two main apps that I've been using. Momento is sort of the one I've been using since 2012 I think it is. I was writing down my journal for two years or so since 2010 and then decided that, I got a phone, I'll do it on the phone. Generally I try to write once a day. It usually works about once a day, I've only missed like you know, a month in total, since the two years or whatever. And generally, I'll write, in a day there's what I've done in the day. So you know sometimes boring, sometimes interesting, I did this, saw this person, went to these places, that sort of thing. And that's where Momento comes in really handy I find because you can tag people and it like syncs up with your contacts in Facebook or whatever. So like I can say 'I talked to these people' and then I can search and then I can figure which days I talked to these people, or which days I even met people. Which is handy to go back later and say 'what day did I meet you?' and you know, actually have the info which is cool. And then generally at the end… I made kind of a challenge for myself, where I wanna say, do one thing, write one thing that's sort of more personal everyday, so, whether it be like the feeling like maybe I was walking home and it looked really nice and I felt at one with nature and write something about that. Or if I had an idea, like a way of looking at life that maybe I hadn't looked at before. Then maybe I'd write that down.

And then with Momento, how it ties into your different feeds - I don't have a lot of feeds right now, mostly because I deactivated my Facebook account about a year ago, a year and a half? So that was kind of the big one, but I still have.. Flickr, which is the photo website. That's the big one, I use that a lot, so everyday that I upload something on Flickr it automatically syncs with momento, it shows me what I did in terms of picture stuff. I've got Youtube synced up, not that I use that much, and then Facbeook is still synced up even though I don't use it. I think at one point there was the uh, Foursqaure where you check into the locations but I found that a bit too creepy. So yeh that's Momento.

I also use 'way of life' which is less of a text based journal system, it's got kind of.. categories I guess. I've got like journal, it's like a negative positive kind of input or did not apply. So there's all these different categories, so there's journal 'did I do it that day' yes/no. There's 'did I spend too much time on my computer', 'did I read' - I like to read you know like an hour before I go to bed. 'Did I do enough work?' Did I floss my teeth? Did I keep everything clean? Did I get enough sleep? Did I do exercise? That kind of stuff.

I also have a dream journal, which I… I've gone through a couple of programs. At first I found it was easier just to write in a book by my bed. But then I had to turn on the light… and that's doesn't work. So I decided… I used this program called

Dreamer for a while, which was basically just a text input system - so it, you basically wrote a note and it told you the date. And it also had this weird thing with reality checks if you're into lucid dreaming which I kind of did for a while, but didn't really get into it.

But now I use Evernote, it's really handy, I;m thinking of transferring my journal over to Evernote just because it syncs across everything. If i don't feel like typing into this tiny phone, I can actually type it on my computer. And that's basically, I have one folder for dreams and one folder for just random stuff that I think of the day, and I just write that down. And I've been using Evernote for about 6 months.

But at the moment you're still using Momento on a daily basis?
Yeh, yup.
And just to give me an idea of what you're getting within one day in Momento you're getting, whatever you've written? Maybe you've tagged some people you've been with?
Yeh I can show you… I'll open up a random day. Let's see.. yeh I went camping this weekend so that's a good one! Ok so I have probably, 3 or 4 pages of text on a screen size. Erm and then, I'll have people tagged, co-workers, professors, people that I hang out with. Generally I'll have a place or two tagged. I went to Cora's with my mom the other day… [do you have Cora's?]. And I also.. there's a category for events, so I usually tag something important there. So I started a new book, I'll tag that there. Or if I watched a movie, if I started using a new app, if that was noteworthy. And then… I'll have the Flickr Check-ins, or the twitter posted, retweets or whatever. And then generally I'll put pictures on too, but it's been crashing lately when I try to add pictures so I haven't been able to do that.

The pictures that are coming in are just from Flickr?
Er yeh, I add pictures from myself. So generally I try to reserve Flickr for pictures that I'm just sharing with people, so camping this weekend I would have taken the nice pictures and put them on Flickr so I can share them with them. And then maybe more personal pictures or stuff I would just have on my phone and then I would input that into Momento. So there would be two I guess picture categories.

Just in terms of all that other sort of stuff - you've got the written entry, and then you've got the ability to tag and the photos and things like that and the other feeds and what does that add to it in terms of what you've got there?
Er, well I can give you a couple of examples. I like pulling out my phone when people ask questions. 'When did we do this?' 'When did we meet?" When did we go to… What's was the last time we saw a movie?' 'What have you er… When was the last time you finished a book?' 'What movie have you watched lately? What do you enjoy?

I like the searchability, especially with the tags. So I can say… yeh, we met on that day. Or even an example.. I met this guy back in 1st year University, and I

met this other girl, and we've become, you know, pretty good friends. And I looked back into the day we first met and I've written this line and it was like "*she said that she didn't like him*" like her first impression was that she didn't like him. And I read that back to her and she was like 'really? I thought that at one point?'.

In terms of the photos, it's nice if I'm just… generally if I'm feeling in a weird kind of mood I'll go back and look at my journal and look at my journal. So if I'm feeling really happy I'll say ok, what did I feel a year ago exactly today. Or if I'm feeling really sad, what did I feel a year ago today? And that's where the pictures come in because you know it kind of helps you get an idea, more of a visual… idea of how I felt. So I see a picture of when I'm smiling, I go ok! Life was ok! It'll be OK [Anon].

The Facebook thing is nice… especially now that I don't have Facbeook. So I can kind of see what I used to do and why I gave it up.

Could you maybe just say a little bit more about sort of when do you look back and what sort of occasions do you have to look back on the app?
Ok, sure. Generally there's two ways I'll look back. I'll look back just based on the date. So today it's what… June 1st, maybe tonight - usually it's before I go to bed - you know everything happens before you go to bed, you start thinking and get ting all these ideas and stuff. And I'll look a year ago or two years ago and say ok what did I do at this date?

September is usually a big reflection time, you know because you're starting a ne wear of school what have you. So second year I'll say ok, what did I feel first year, back when it was all new and scary? And what have I learned since then? I know in first year there was a lot of kind of ok, I made friends this day, that's awesome! And in 2nd year it's like ok, I've got my friends, and that's cool, I'm surviving!

Other times, I'll look back to specific events, so… like, I just finished a 15 book series. and… I'll look back and say I started the first book on this date, and I'll read through it and say oh wow, you had no idea what you were getting into, and look at the difference.

Also if I'm with people - I like reading my journal to people if it's not too sensitive. I think my room mate has probably read through the entirety of the thing at one point or another. So… so every tagged person has a number of times that they show up.. and we'll you know compare friends and see who has the most tags, and who shows up the most, so it would be like 160 mentions of one person and whereas like 10 mentions of… and we go in and see what did we do at this point? What did we do at that point?

When you talk about sharing it with people - is that something you feel that you instigate, or people maybe ask you a question and you respond to it?

Er…. sometimes,,, I guess it varies. It is… I mean, I say it comes up, it doesn't come up super often. But er… you know some poepl swill be lilke'oh I wanna start a journal' or they'll talk about a journal or they'll say 'how do you remember that? and I'll mention that I have a journal and they'll be like 'oh I've always wanted to keep a journal but I've never been able to'. And it's like 'you really should do that!' Then it kind of gets into it and I show them the examples of it. And I actually just convinced my room mate to use the same app that I'm using and she's keeping a journal now, so that's good. Other times, it will be like, you know, just lazing about the house, nothing to do. And me reading and saying 'oh this is funny, anybody want to hear this?'/
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Could you say a little bit about the writing process? Is it jus before you go to bed? How do you write I guess is the question?
Ok. I would say it's almost exclusively right before I go to bed. Some days maybe it's a good if I've nothing to do, and I'm half way through the day and a lot has happened, I might sit down in the middle of the day and start writing it. Yeh… I guess I don't see the point of writing a journal describing the day if I'm not done the day yet. So I like to write it before I go to bed. It can take anywhere from 30 seconds to… I think the longest I've spent writing is 3 hours? I think… back when I graduated, you know prom, graduation, all that kind of stuff after 12th grade, was a long article, journal entry, whatever you want to call it. Generally I'll have a good idea of the first sentence that I want to write. I'll mull that over throughout the day, what is the most important, what's a good way to get into it. The rest of it, I just kinda free form, whatever comes out. Sometimes I'll realise I forgot something and I'll go back, a lot of my entries have a little thing which is like 'oh yes, yesterday I forgot to mention this, this this and this.'

Generally it's… I don't write in paragraphs. Usually I do, but in my journals I try to keep it like a stream of consciousness, like a big long block of text. Generally I go in chronological order when I'm writing. I might say the general overarching them at the beginning, then say ok, first woke up did this, then kind of elaborate on what I did and then go to the next point, and next point, and if anything requires more elaboration then at then end…

Is there anything in particular you feel like you want to make sure you record them everyday? Is there certain things that need to make it into the journal? Or is it just what comes to your mind?
The tags I think are probably the most important? So like if I finish a book, that's got to go in there. Because it's something that I use religiously to find out what books I've read and go through the list, and figure out how long it took to read this book. In terms of actual things that happened? There's nothing…erm.. well camping, we went swimming. I would make sure to mention we went swimming because it's.. all the events as much as possible and then whatever is noteworthy [there's nothing that like] 100% has to go in the journal.

But it's mostly driven by the events of the day?
Yeh.

Do you ever go back and edit any of your entries or have you ever deleted anything?
I don't think I've ever deleted anything, I barely… I rarely edit… It seems like you're cheating if you edit right? I mean I'll add something if I've forgot it the next day or the next week. Like oh, I suddenly remembered that I did that that day. Like yesterday, we rigged up some, we didn't have a cooler when we went camping, and we had some stuff that we needed to keep chilled, and we tied a rock to stuff and sunk it in the lake and that's something that I completely forgot about when I was writing so I went back today and added that because you know… it's a fun kind of thing that I'd like to remember. And typos I'll go back and fix if I'm going through and looking at… but other than that, what comes out on day one is what stays.

Just moving on to think about pure motivations, what do you get out of journaling? What's the best thing about journaling for you?
Well I started journaling back when I did this summer program where I went to Newfoundland for a month, and I wasn't journaling at that point and there was so much that was going on, we met… I mean a lot of people, we went to a bunch of different people. I mean, it was a great experience. And then I got back, and I hadn't written down any of it. And just as the months went by it was like you remember less and less and less. And suddenly like I remembered the people and I remembered the feelings but I couldn't tell you what we did, the places that we went. And then I went on another trip, I went to Rome for a week, and I told myself I'm definitely writing this down because I don't want to forget it again. And it was like a 10 day trip or whatever and I wrote down what we did everyday. No feelings or whatever, just this, this this this. So I would remember it. And ever since then I've just kept a journal.

In terms of what I get out of it the most is probably.. it just seems like all we have is memories, and if you can't remember it… it's like it didn't happen. So you've got to keep them somewhere, right? I mean, of course they did happen, if it was important enough you will remember it. Bu the little things, if you don't remember them… I don't want to say there's no point in experiencing them, but they're just tnot as… tangible I guess.

Do you find yourself quite motivated to keep a journal or do you ever find it a bit of a chore?
It's a bit of a chore when it comes to summer time and I'm being lazy, and I haven't really done anything in the day… I'm just you know, playing video games for 8 hours in one day you know. Didn't see anyone. Then I'm just kinda, at the end of the night - I was lazy today. I did this this and this. And its like I don't feel the need to really do it, but anytime that you know I'm doing something… I don't think it's ever really occurred to me that it's work. It's more like a thing that you

do.

So what do you get out of actually journaling at the time? You know when you're writing it down, can you say a bit about how that feels? Whether that's something you enjoy?
Sure, I dunno. It's a bit of a therapeutic I guess. I wouldn't say it's my main motivation for doing it. It's good to put things down into cogent sentences and actually think about it. Things we're good at is, something happens, and you don't really think about it, but when you finally think about it, you say ' oh, okay!' and like denying stuff that happened, it's good to put it down into words so you know stuff… but it's not the main reason I do it. But I don't know… I think of myself, as I have feelings I like to write down, but there mostly feelings I have actively acknowledged, I haven't really hid them form myself. It's a good way to fall asleep. You know where the entry is so boring that you know… just puts you… and it's more of a peace of mind kind of will power exercise. Like if I didn't do anything productive today, at least I wrote down what I did, and I have a way to go back to it, and realise, yes, this was a day that I experienced, and it still exists up there in my journal.

Could you give some examples of what you get out of looking back at it and the few occasions you'v elookd back and it's been really interesting?
Well a good one was when I started University. So I'm in third year now, I'm doing a micro-bio degree, and it's very different from when I first started. When I started it was 5 classes a day, 500 people in each class, lots of people. And now, I spend a lot of time in the lab coin gym own research. Which is much different from 1st year labs. It's just a completely different experience. So it's good to go back and just get perspective on life. So maybe like the first week of University, my entire perspective was trying to fit in, trying to get a group of friends that I could hang out with for the next four years. Whereas I look to my article last week, and it's just… that's not a priority any more. And you kind of see how you can have these big crisises or crises, of what you're doing in your life, but in the great scheme of things, you know, everything's gonna work out. It's more kind of, calm me down, than like humble me kind of thing? So I'll look back and say 'OK, that happened, and I got over it, so if this happens, I'll get over it too.

Other than that, it's nice to just remember where you were a year ago, and people that might have left, that you don't see anymore. You might not even think about in the course of the day. But if you go back, and you can say 'oh, that was a person that used to mean a lot to me' - and now I don't talk to them. Maybe I might send them a text message, or say hi on Facebook or whatever you know, try to rekindle what you know you had.

And in terms again when would you be likely to look back? On your own in the evening? With friends? What kind of occasions are there for you to look back?
Either, kind of by myself, you know the sombre mood. Usually on Satrudays, you

know happier days, when you're feeling a bit down. Or… on happier days, when you're on a 4 hour bus ride and you have nothing to do and your friend next to you is bugging you and you say ok, let's read through what we did a year ago.

I've also… it's settled lots of bets before as well. Maybe not like actual bets, but like if someone says 'you definitely didn't say that, and they're like oh yeh? and I say yeh, I can prove it!' So I go back, and do that. And then usually you know I read a couple other entries, just to you know, situate ourselves.

What do you think others think of your journal and the way that you journal and what you write? What's the general reaction?
The general reaction is like 'wow, you've been doing this for 3 years'. Kind of intense. Yeh… we read this essay in a class the other day about how as life goes on we're recording all the little little things. It was called something like the Analytical Man or something? IT was a big essay about how as we go forward we're going to record every little thing, we'll know each other, we'll know ourselves better than we know now. And I think… it kinda… I wouldn't say it scares people, but it kind of puts it in perspective, like how much time you can spend just recording stuff about your life. It's kinda weird. I talk about it with my grandparents a lot. They're kind of into the idea. My grandmother kept a written journal for 40 years. **Wow.** Yeh, a long time. I mean she doesn't get the whole technology thing, but she gets the writing thing. And I'd like to think that she's proud of me, you know, for keeping up and doing it. I mean even if it wasn't a journal, if it was just something else that I did for, whatever is it 2015 now? So 3 years, or 5 years if you count the written thing without stopping, only missing a day here and there. You know it's a cool idea.

If you could give me a few examples of experiences of things you're happy to talk about. Scroll back maybe a year or so ago… something that stands out to you… just to give me a flavour.
Do you keep a journal?
[I've kept travel journals… doing this study more aware… food journal - new phone - I can see the virtue, but not sure if I could keep it up?]
Yeh it's like a thing about priorities you know. You could spend that hour at the end of the day doing something else. So do I want to keep a journal, or do I want to watch two episodes of parks and recreation before I go to bed? I've wanted to do it before, but generally this takes precedence.

Let's see… I used to rate my days. So like there's a 5 star rating, and 1 through 5, like if it was a bady day it would be a 1 star day, and a good day would be a 5 star day. Oh here's one, let's see if, you know, it's not too crazy. Well I'll start reading it and hopeful nothing will come up!

Ok so… *I have a feeling I'll remember today for a while. Not because of a series of momentous events or world changing revelations, well ok maybe the first a little bit. It was a relatively early morning, 10 o'clock was my wake up time, to a*

phone call from none other than John Dunsworth aka Lahey. He was nice enough to offer to pick me up, so I got ready for the day and rehearsed some topics, and what I was going to say, and all that usual stuff. All of that went out the window, but I'll get to that in a bit. Budge - who's my Grandmother - *called up a bit later as I was making myself some food. Which just horrified me as I may not have shut the oven this morning. So I texted Tayto* - who's my roommate - *and hopefully I didn't but oh god. Now my heart is beating fast and I'm panicking, thanks journal. Anyway, she wanted me to go pick up some ink cartridges so I did, I grabbed the bus there and walked back. I was afraid I might be late but it turns out I had plenty of time. I even tried to fit in some video games, but I joined as all the guys stopped playing. Pretty much at that precise moment, it must have been planned or something, John arrived and was absolutely nothing like I had expected.*

Little bit of background, John [Anon] is the actor, one of the bigger actors around [here], he's in the [show] it's not my kind of show.. anyway he's friends with my grandparents, and I had heard a lot about him growing up, and he was going to drive me to my grandparents house for the weekend. So it was you know a big.. [something…] little old me!

He was driving this rundown car with - oh I turned off the oven, thank God! - plenty of junk all over the place and old […] seats. No sooner had I sat down than he lost his phone and had me call it. And we hadn't even really introduced ourselves. It all felt so abrupt. And then he began talking. It wasn't his accent that really surprised me, or even really his language choice, in fact he had pretty impressive lexicon. It was just the way he talked. There was a boisterous sort of confidence, that didn't speak of cockiness - just that he knew precisely who and what he was and wasn't going to go around wasting his time to conform to other people's standards.

We took the back streets through what was roughly Godogan street, he had me look up a couple of numbers in his old school battered day-planner. He was organised but he wasn't. It was alphabetical but there wasn't really a one letter per page kind of thing. It was like he had a couple of numbers jus tort of stuck in there, and others roughly in the right order. But he had a way of doing things it seems, like his directions but I'll get to that in a bit. He was ridiculously friendly, we went through a construction site and he waved and thanked both the sign wielders for lack of a better term. Ok traffic directors but that doesn't seem half as bad-ass. As a lady crossed the road, he leaned out and told her that she looked lovely. As we went through a MacDonald's drive-thru, he noticed a guy with a tattoo of the word Drake, so he called him Drake, and asked him what was going on in his neck of the woods? And when he was ordering [sniggering] he adopted this fake ditsy voice just for the hell of it. We looked at people for a bit, and he said he noticed their faces first, unless something else really caught his fancy. He said he wasn't racist or sexist, but he said he was judgemental, especially when it came to fat people. He said no two people walked alike, so I brought up the

subject tot putting rocks in your shoe to trick the gait-detecting cameras in little brother, the book I had just read. He was fascinated by that and brought it up a few more times, saying it was a great little thing he had learned and that's what he really lived for. He said he was a collector of useless knowledge, come to think of it, he said a lot of things. He shared his wisdom on the road. Driving with his knees, texting, and looking at books while driving, but he assured me he only did it when there were no hazards around. And then he ostentatiously predicted my future. He carried a little dictionary in his car. It wasn't bigger than a matchbook, but he told me to turn to a random page and thats what my future would hold. I picked the work jubilee, apparently I'm going to live 100 years.

What I'm trying to get across here, is he's a quirky guy who loves and lives his life however he wants to. I really admire him for that. And what's more he let me drive. We pulled off the highway onto a secluded, relatively straight road and he gave me the wheel. It was a bit terrifying, I didn't go very fast, but it was a little exhilarating too. This was the first time I had ever driven by the way. *We only saw one other car and I dare say I messed up the u-turn a bit. There was a lot to remember but I dare say it makes a good first drive story!*

So when is that entry from?
That is from August 2013, the 7th.
Cool, it's really well written.
(Bashful laugh) - Thanks.

Would you say thats a normal… maybe its an exception with this person.. but in the length of it and the language would you say that's like what you normally try and write?
That would be a bit longer than what I would usually write. So that was just talking about one person. Generally I would say like 'Met up with my friend [Jack]' and wouldn't give any explanation because he's my friend [Jack] who I meet up with every once and a while. But in terms of language, I dunno, I used to do creative writing as a kid, where I'd write like short stories and stuff, so I like throwing in the flowery stuff there. And it's for myself so you know you can really go crazy and write whatever you want. But yeh, not all of them are interesting as that, because you know, I just didn't do anything that way. But in terms of how I write, a little bit of meta-writing about my journal, if something that comes up that allows it.

Maybe you could do one more quick example? One of the more mundane ones?
Sure.
Would you say you have an audience in mind at all?
Not.. I dunno. I mean my audience is me, because I'm the only one… it's password protected, so no one else can go through. But sometimes I will put little things like.. if it's something that I'm especially… wouldn't want someone to read, I might, just to make myself feel better I say like '*and anyone who's reading this,*

you'd best not repeat this…' kinda thing, just to make me feel more comfortable write it down. Even after 5 years of writing a journal, sometimes I find myself saying - this is something that I did say, so I have to write it down, but I still don't feel comfortable putting it down on the page, it makes it real. And scarier than.. but yeh. Let's see. Try to find a mundane one… ok, here.

Well.. ok this is from the the 30th May 2014. Or do you want me to go further back?.. **Yeh you can go back if you like, if it feels like a different time.** I'll go back to… maybe a high school moment, that's sure to be….

Ok, I think this is the day after prom or something, so I was already pooped from writing the article from the last day, so shouldn't be too intense. So this was from June, 2012, the 22nd.

I'm glad to not have to write a small novel from my journal entry today. I woke up at around 2 o'clock and spent the next two hours lazing around. Writing in my journal and just being lazy. I have to admit that I was a bit reluctant to look at the prom pictures so I waited to turn on my computer but they look nice for the most part. I very sore waking up today, and hopefully won't be too bad for tomorrow. Nana and grandpa came by, around 4.30 - typo *- and we went to the chinese food place for supper. There was a buffet and it was more than great. I spent the night watching youtube videos, idling TF2* -which is a video game *- for the new items and even managed to finally trade off a TF2 Ringo stuff.. anotherr busy day tomorrow.*

So that would be a pretty short, if I didn't do anything, during the day.

What sort of… I know it's been brief there… but what sort of feelings do you have when you reading back through that and going through your journal?
It just depends. Sometimes I'll feel a bit cringy, if it's a particularly close to home topic. Or something that you know has really changed. Like… I was in a relationship with a girl for a while and obviously I wrote about the feelings in that relationship and looking back on that now it's like 'errrrr… ' sometimes it's hard to read this, because it is you know, emotional and stuff.

But most days it's a kind of… interest… I compare it a lot to dreams. So I write down my dreams, and you hear a lot of people saying they don't like bad dreams, because they're nightmares. But… it's a story, even the bad dreams are an interesting story. SO once you write them down on paper they become something interesting you will look back on and you say ok my mind came up with this cool idea. And it's the same kind of thing here. So even if it's a bad day, or even if it's a good day, it's still a… it's like a free piece of entertainment that you wrote yourself and will bring you entertainment for the next little while.

And when you look back, what would you say are the entries that now that

are the most useful and the most meaningful to you?

Er… generally, the more I did on the day, the more I will tend to look back on the article. So like the first one I read there would be more the kind of interesting article I would look back on. Just because I met someone new, turned out to be an interesting guy, someone I'd heard about, we went on a trip and so like a 3 hour road-trip. Prom is one I go back to… days like where I'm in a new place, like first day that I moved to University, first day that I maybe met some people who are now close to me. So if there's like an event that I went to, like a sports event. I used to swim a lot so I have some like swim meets. Which is cool because I've since had knee surgery and haven't been able to swim, so it's like it's been a nostalgic thing. So it's like ok this was what it was like when I could do this. They're all kind of interesting in their own way, other than like the really short 3 line entires, it's like just move along.

Would you say you really remember what you've written about or is it just sort of to let you know what you were doing or what you were thinking?

Sometimes, like that one there, the first one that I've read. There's a couple like that which are similar to that where I kind of talk to myself in the journal. And I'll think that I'm ridiculously clever in the journal, man I am the best, and once I look back on this it'll be hilarious. and it'll be like a year later and I'll look back on this and I'll be like wow… you really wrote this didn't you. And I'll forget about it.

Other ones, if it's more focused on events than emotions, I'll kind of remember generally what happened. But it's nice.. some days… I'll write about stuff in detail. So I'll write about maybe, I was walking back the other day and it was foggy, and the fog smelt like the ocean and I'd never really felt that before. So we live on the ocean, but this fog like way up on the headland, and it smelled very ocean like, so I wrote about that. And I'll probably not remember that in 3 months, and then I'll go back and go oh yeh, I remember that, it was a cool walk back.

Within that then, you have the written entry, all the other things around it, whether it's social media feeds, or photographs - what are they doing for you there in that context? Is the writing the most important part? What do the other parts do for you?

The writing probably is the most important part. But the Flickr feeds, the Facebook feeds, the Twitter feeds, give it some depth. It helps kind of flesh it out like, this is an actual day, not like a… piece of writing that I did. So this is no longer a short story or exercise in writing, this is now an event that happened. The tags are not so useful in when I'm reading the actual journal, but when there is something that I actually have to figure out. Like if I'm searching for something. The search ability of the whole thing, not just the tags, is great too. So I can search, if I didn't tag it I can search.

In terms of when I go back, and consciously look at it, I only really read the text. I mean I'll look at the other stuff, but it's the text I'm really,…

In terms of that other stuff - it's quite automated. Is that pretty accurate and how do you feel about the fact that is automated?
Errr… it's fine. I mean it takes away the work from me right? I would… it would be nice to kind of have a selectiveness to it. But at the same time that kind of ruins the whole vibe it's going for. Now that I'm no longer on Facebook and I don't tweet that much, there's not a huge kind of burden there, what pops up is what I would manually put in myself anyway. Yeh it's nice to have there… I think it would;t be the end of the world. The main reason I use technology to do it is the simplicity of it, and not because of the integration of it. Which I guess is probably not what you want to hear for your project…
No no.. there's not a 'what I want to hear…'

How does it compare looking back at your journal, how does that compare to looking back at say photographs on Facebook or on your Flickr account or other sort of things from the past, how does it compare looking back at your journal.
Er.. oh… one second [computer problems]

Er so compared to other forms… I guess photographs are kind of the same as looking back in the journal. They both elicit the same kind of feeling. It's different when I'm looking through social media accounts. Like if I was to look through my dead Facebook accounts. It's less… I dunno, my journal is like me. It's like an extension of myself. Where as Facebook is something that I put out to the public, and it's less… complete, so, same with pictures even. So like someone else could go up to that stack of pictures with that Facebook account and look through it and say ok, this is what's he's done. It's more of like a skeletal form. And the pictures and the feeds and everything helps to flesh it out. But it's like my secret you know! (laughter).

If somebody was able to access and read it would you feel nervous about it?
For the most part no. Most days.. I like to think of myself as an open guy. If someone asks me 'what do I feel about tha' I would tell them what I feel about that. So them reading it would;t be the end of the world. But you know more intimate kind of moment stat I might have written down.. not so much. It wouldn't be the end of the world obviously, and I have had people read some of the more intimate moments. But yeh.. there's a password on it for a reason.

And do you do any other sort of self-tracking or record activity or exercise? And if so do you ever look back at that? Or where does that sit in with the journal?
Well the other app, the Way of Life' app tells me when I exercise, when I get enough sleep that kind of thing. And I find that I don't look back on that as much as I look back on Momento. Just because there's less to look back on. There's like columns, yes or no columns. But it's good in terms of habit forming. So the only way I will floss my teeth is if I have a little green checkmark that will give me

a little rush of endorphins and if I don't have that I will not do it! So that's more of a practical kind of thing. I also have - I hadn't even thought of this - sleep cycle. And that like tells you your sleep patterns, and it allows you to write down different kind of conditions when you fall asleep. Like did you have coffee before you go to bed? Did you exercise before you go to bed? It also asks you say your mood when you wake up. Did you wake up feeling happy/sad or meh. And most of the time it's 'meh' when I wake up, but sometimes I'll wake up feeling 'oh, this is really refreshed'. And Ill go through my journal and correlate the two, or go through the activity journal way of life and figure out why I was happy when I woke up and recreate in vain…

You're still recording sleep now?
Yeh.. that one's kind of annoying because I can't back it up, so every time my phone crashes or I switch computers, I can't keep it. But I've been using that just as long as Momento. Downloaded them on the same day… actually, I think there's a journal entry about how excited I am about downloading Sleep Cycle. But yeh.. I've got how many nights on this iteration? Er… 220 days since my phone has reset.

But that's not something you look back on as much?
Not so much. Generally yeh.. that's something only I would do if I was really bored.

Just a couple of final questions. Anything you feel is missing, or things you wish you had recorded?
Er…if space was not an issue, I would take a lot more photos. I think it would be cool if there would be a way… I mean you can do the iCloud and all that… I don't like using cloud technology all that much, just because of privacy reasons. But yeh, like I'll upload 12 pictures in a day, like the 12 most important pictures. But if it was really easy and didn't take up that much space I would make it a lot more visual. There is also something to be said for physically writing, and being able to you know draw diagrams, in the margin or whatever, a quick picture. That was a nice thing with the dream journal. If there was something that I couldn't really put into words, I could draw a picture of it, or a map of where I went in the dream. So if there was some way of making a doodle thing integrated with it.

In terms of any other sort of data streams you would like with it as well?
Well it would be awesome to have all the info I have in one place. So merging Momento, Sleep Cycle and WayOfLife all into one would be nice for me. But actual data.. there's kind of a column or a tag for 'other' which I used before to colour code my days. So one tag is this kind of day, one is another kind of tag. I've also been using it for 3 years, so I'm moulded to the app now, as opposed to me moulding the app.

Just thinking finally how you might use this in the future? Will you keep using momento? You mentioned evernote? What are your plans for the

future?

Well I definitely want to keep a journal for the rest of my life. There's no question about it. I don't know what I'd do without a journal. It just makes everything seem more permanent. I mean that's kind of what the app was going for right? Momento, memento mori, remember.. death and all that kind of stuff. But yeh, I'd like migrate it over to Evernote, just because it sync better as it is right now I have to back it up manually. But Evernote does not have the same kind of tagging system which is unfortunate. I could.. there's category for tag, there's not like 'people' 'places' 'events' which is one of the main of features that I use of this. So there is a bit of a trade off there, but it would be nice because I could type. I've also got about a year of journals from before, in between. when I haven't had access to a computer, that I've just written and I've since typed them up on a computer. And I don't want to put them on to this thing because it's so clunky to transfer this stuff. Evernote would be a lot nicer for that, to have them all in one place. But yeh, it's suited my needs.

Last sort of question… how might you feel if you lost it? Can you imagine… is there a stage where you've not recorded something what does that feel like?

Generally.. say it's like a long-weekend and it's like 5 days, and I'm doing something every single day. of those 5 days and it's something I would like to write about and I just don't have time to write every night. So like this week camping, I had turned off to save battery, in case we were lost. So I couldn't write while I was out there, and I do feel bad about that. When I do get around to kind of catching up, I try to catch up if I missed, one or two days, and write the article for that day, as opposed to writing one that encapsulates the whole weekend. And I kind of feel just melancholy at having all this stuff that happened and I can't remember all of it. It's like.. if it just didn't happen, and there' s no record. Generally if I don't write in the journal, and I make a conscious decision choice not to write, I'm not that sad about it, because there's not really much to write about in the first place. So it's kind of like, at the time like a sort of natural filter.

Any questions or anything to add? [blah blah study]

Do you talk about your journal a lot with people?

I wouldn't say it's like top ten topics… but yeh I talk about it.. close friends, you know it comes up every once in a while. Mostly it's because there's something that we need to settle. Like *when did we do this? Did you actually say this?* I try to… more selfishly, anticipating the future, to write down things I think might come up later. Like if someone says something they may regret later on, or may come up later on or on which I could make some money! (laughter). So family and close friends, I dunno, once every few weeks. But strangers, or people I've not… acquaintances and maybe it will come up 'oh yeh I'll keep a journal'…