

To better understand the entries in your Good Time Journal, use the AEIOU (**A**ctivities, **E**nvironments, **I**nteractions, **O**bjects, and **U**sers) method to reflect on why those activities energize and engage you or drain your energy and engagement, and leave you feeling tired. Select one high point and one low point in your Good Time Journal entries to complete the AEIOU log. (*Designing Your Life*, pg. 55-58)

High Point: Ex. Work in a law office

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**Activities:** What were you doing? Was it structured or unstructured? Were you a leader or participant?

Ex. *Helping lawyers prep for cases (enjoyed organizing materials & reviewing documents)*

**Environments:** What kind of place were you in? How did it make you feel?

Ex. *Fast paced, exciting, always moving*

**Interactions:** Were others involved? Was your interaction formal or informal?

Ex. *Lots of collaboration & communicating*

**Objects:** Were you using any objects or devices? Which ones, if any, kept you engaged?

Ex. *Internet research. Lots of digging for info.*

**Users:** Who else was there and what role did they play in your experience? Ex. *Lawyers, clients*

Low Point: Ex. Chemistry Class

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**Activities:** What were you doing? Was it structured or unstructured? Were you a leader or participant?

Ex. *Studying, taking notes, listening to professor lecture*

**Environments:** What kind of place were you in? How did it make you feel?

Ex. *Large auditorium, tight seating, lots of people all together*

**Interactions:** Were others involved? Was your interaction formal or informal?

Ex. *Many other students, infrequent small group discussions. Formal meetings with professor for help*

**Objects:** Were you using any objects or devices? Which ones, if any, kept you engaged?

Ex. *Lab notebooks, notebooks, computer notetaking*

**Users:** Who else was there and what role did they play in your experience

Ex. *Professor, other students, TAs*

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Low Point: \_\_\_\_\_  
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