

# Assignment 2

## 1. WHAT? What is a morning ritual?

e.g.: there is a time frame

- \* has a time frame
- \* eating breakfast
- \* getting dressed

- \* washing and brushing teeth
- \* collect things you need in the day

- \* catch up on events; email, tweets, news

Personalities of your morning ritual:  
make a distinction between weekends and weekdays

- \* changes, according to schedule

### Weekdays

### Weekend

e.g.: tight

loose

Loose  
Hurried  
Solitary  
Calculating  
Predictable  
Enticing

Lazy  
Relaxed  
Different  
Freeing  
Empty  
Fun

## 2. HOW?

### How do you interact with your morning ritual?

#### WEEKDAYS

##### Step 1:

What type of relationship do you have with your morning ritual?

My weekday morning ritual does its best to make me forget about having to work, enticing me with stories to read or games to play.

However, the daily necessities, like washing, getting dressed or showering remind me that time is ticking and I should be getting ready.



##### Step 2:

Think of an analogy for the type of relationship you have with your morning ritual.

A pair of people;

- \* A drug dealer, enticing me to his wares, luring me in with one game or chapter. But the next chapter is right there, but costs me time.

- \* My best friend, reminding me that this isn't the way to live and that I should stop and get a move on.

#### WEEKENDS

##### Step 1:

What type of relationship do you have with your morning ritual?

My weekend morning ritual is like my weekday one. It entices me to make the most of my laziness, and there is no pressure from impending work.

Because of this, staying in bed or reading a book isn't an issue and is even more fun. It's freeing to do what you want for awhile, and it leaves me with a sense of friendly emptiness, waiting to be filled up over the day.



##### Step 2:

Think of an analogy for the type of relationship you have with your morning ritual.

My weekends are like a girlfriend, with whom I'm together in the morning after a day together.

Both tired, but still filled with the memories of a nice date, so you get to discuss that day lazily and without hurry.

We'll start the day when we want to.

# 3. WHY?

## Understanding why your morning ritual is the way it is

### WEEKDAYS

#### Step 1:

Describe how the interaction with your morning ritual makes you feel. Why is this the case?

In short, there is no real short term incentive for me to hurry up.

My laziness and worries about my work and my life cause me to escape those worries in stories and games.

In the end, only a sense of urgency causes me to leave for work, always in a hurry.



#### Step 2:

Think about the different factors that influence your feelings regarding your morning ritual.

- \* Little social control
  - \* Pressure for a day's amount of work
  - \* Pressure for normal office hours
- \* Low-self esteem
  - \* Too little achievements
  - \* Perfectionism, never good enough
- \* Love for stories and experiences
  - \* Escape from reality

### WEEKENDS

#### Step 1:

Describe how the interaction with your morning ritual makes you feel. Why is this the case?

My weekends are relaxed. There is no pressure to do something on a specific time. My hobbies transform from escape to being fun.

Because I spend my weekends with my girlfriend as well, we get to spend time together. I don't feel the need to worry about things when she's with me.



#### Step 2:

Think about the different factors that influence your feelings regarding your morning ritual.

- \* Not a workday
  - \* Time for hobbies
  - \* Work on projects
- \* Finally together
  - \* Both have busy lives
  - \* Weekends are a chance to be together
- \* Love for stories and experiences
  - \* Fuel my imagination
    - \* Love the ideas I get
    - \* Want to make new things