

Re-living my life with
mood tracking

@kouriskalligas

WHAT DID I DO?

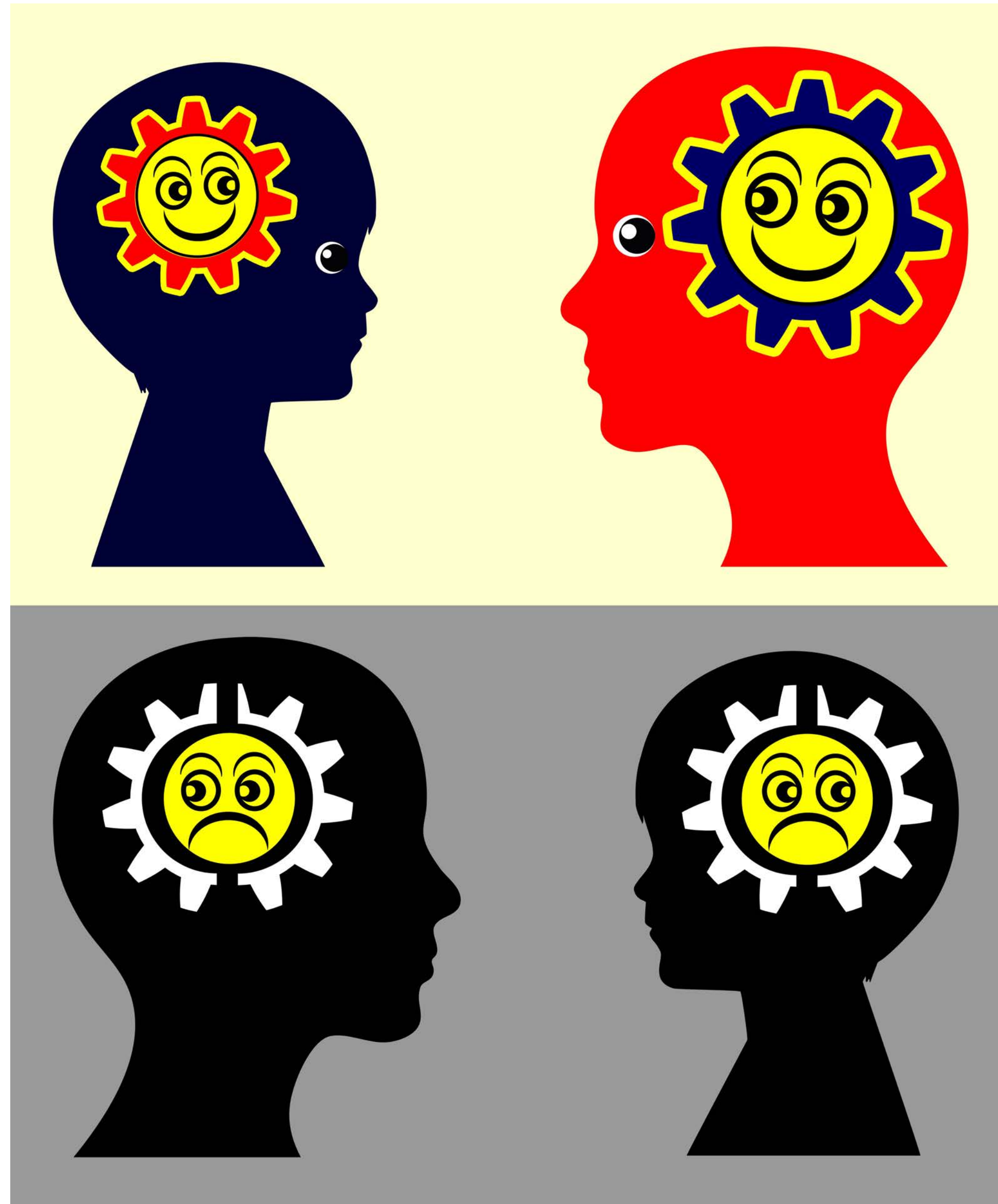
Mood + Memories + Calendar
=
Conclusions

HOW DID I DO IT?

Moodprint - Mood tracker

Google Calendar & email

My brain



Why do I track my mood?

NOT SURE ABOUT WHAT I AM DOING

October 16th 2014

Output



Manual
Input

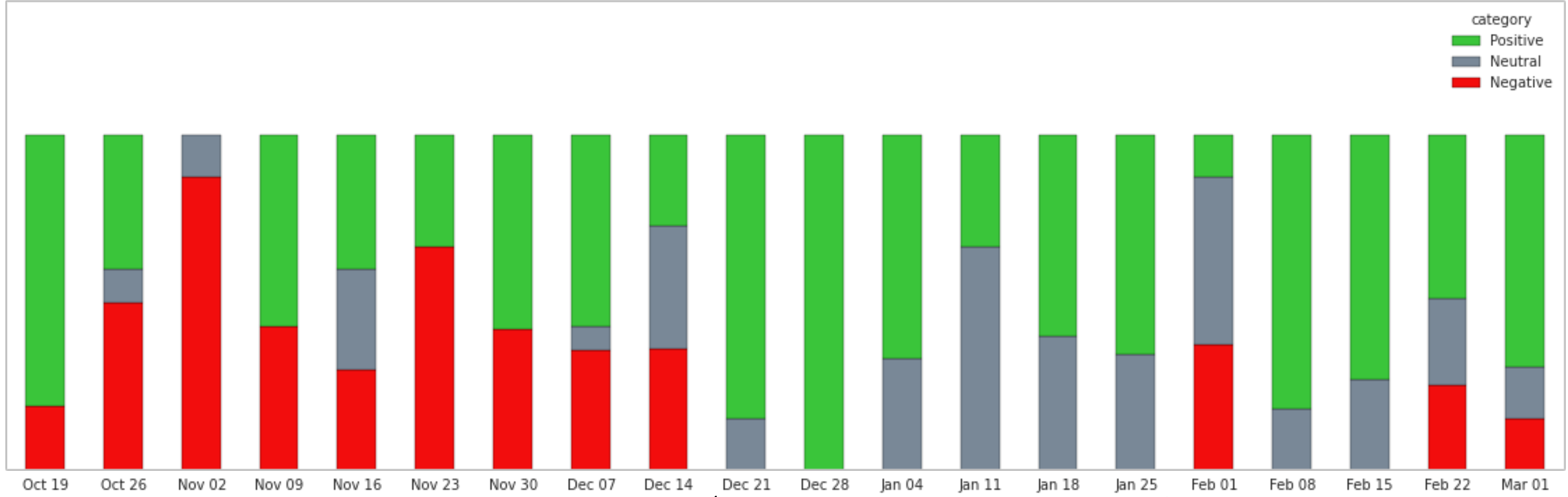


Manual
Input



Created At	Category	Term	Notes
October 15, 2014	Positive	Happy	None
October 16, 2014	Negative	Exhausted	submitted the product to Apple today
October 16, 2014	Negative	Sad	not sure about what I'm doing
October 17, 2014	Positive	Content	Doing very good work
October 18, 2014	Positive	Rested	
October 19, 2014	Positive	Great	
October 20, 2014	Negative	Tired	
October 20, 2014	Neutral	Busy	can't stop working
October 21, 2014	Negative	Tired	Early wake up

Mood breakdown by Week

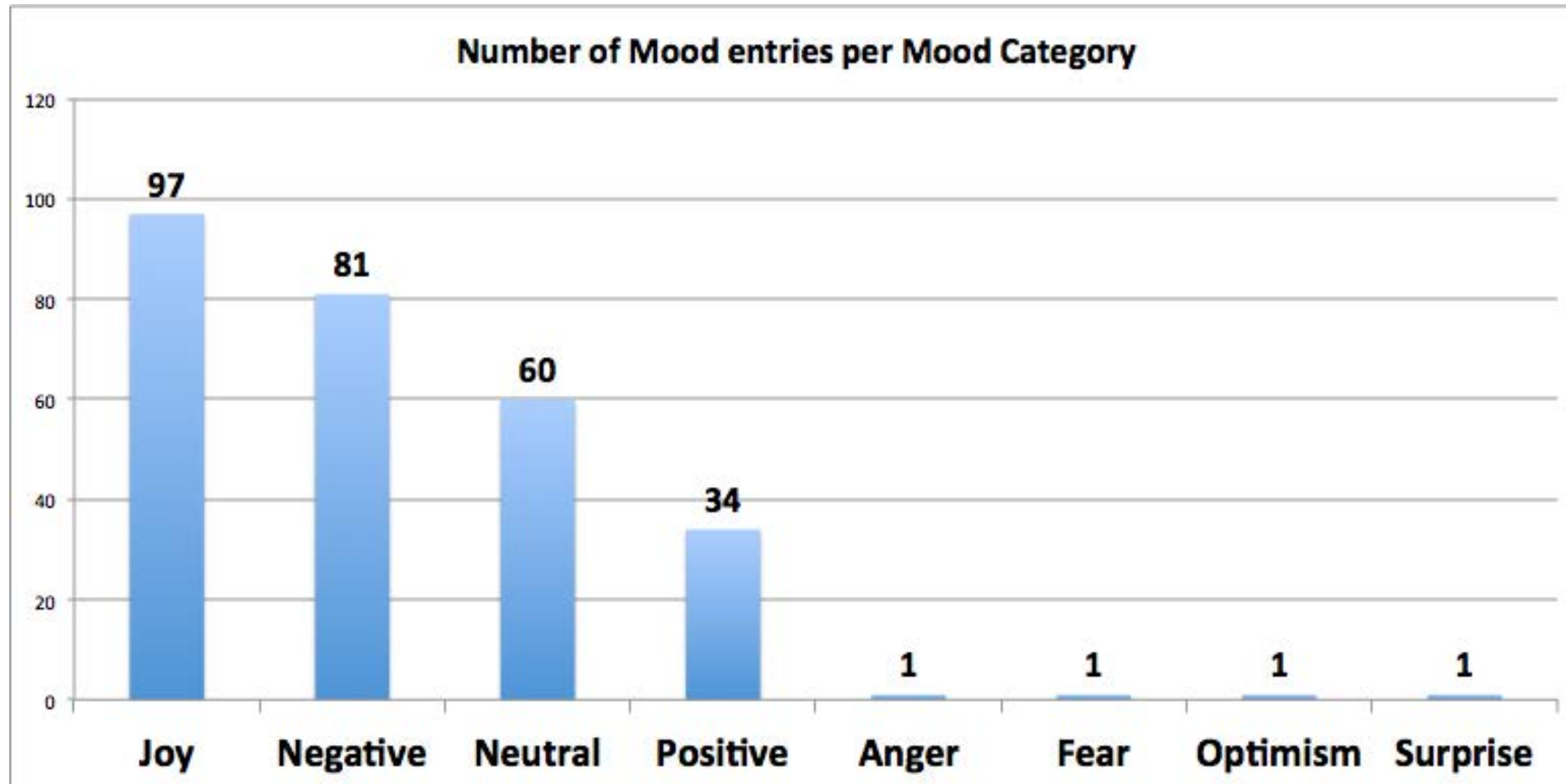


***Bugs Bugs
& Investor Meeting***

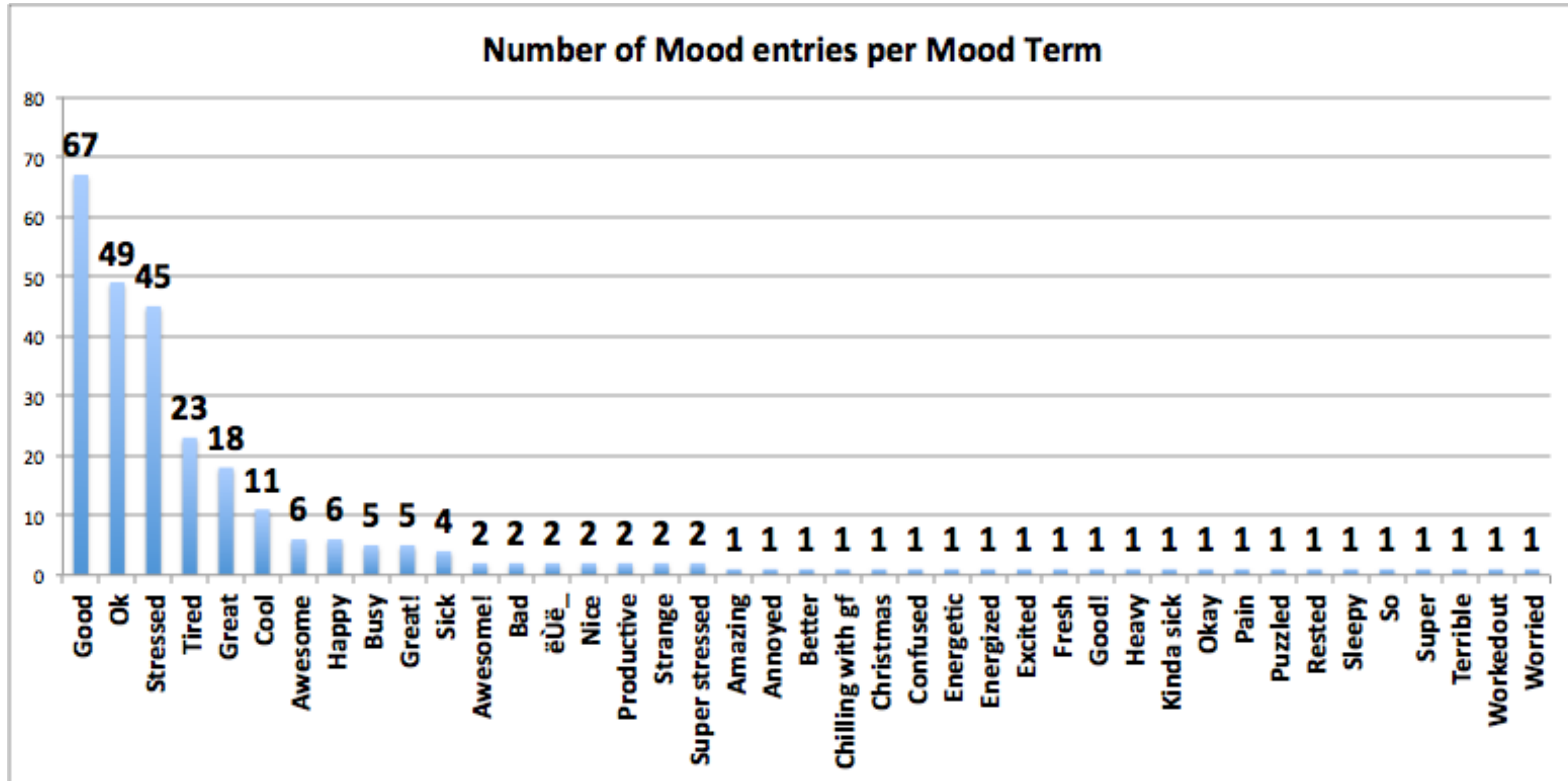
***Family Time
Greece!***

***Team
Meeting
Cool Users***

Oct 14 - Jun 15



Oct 14 - Jun 15



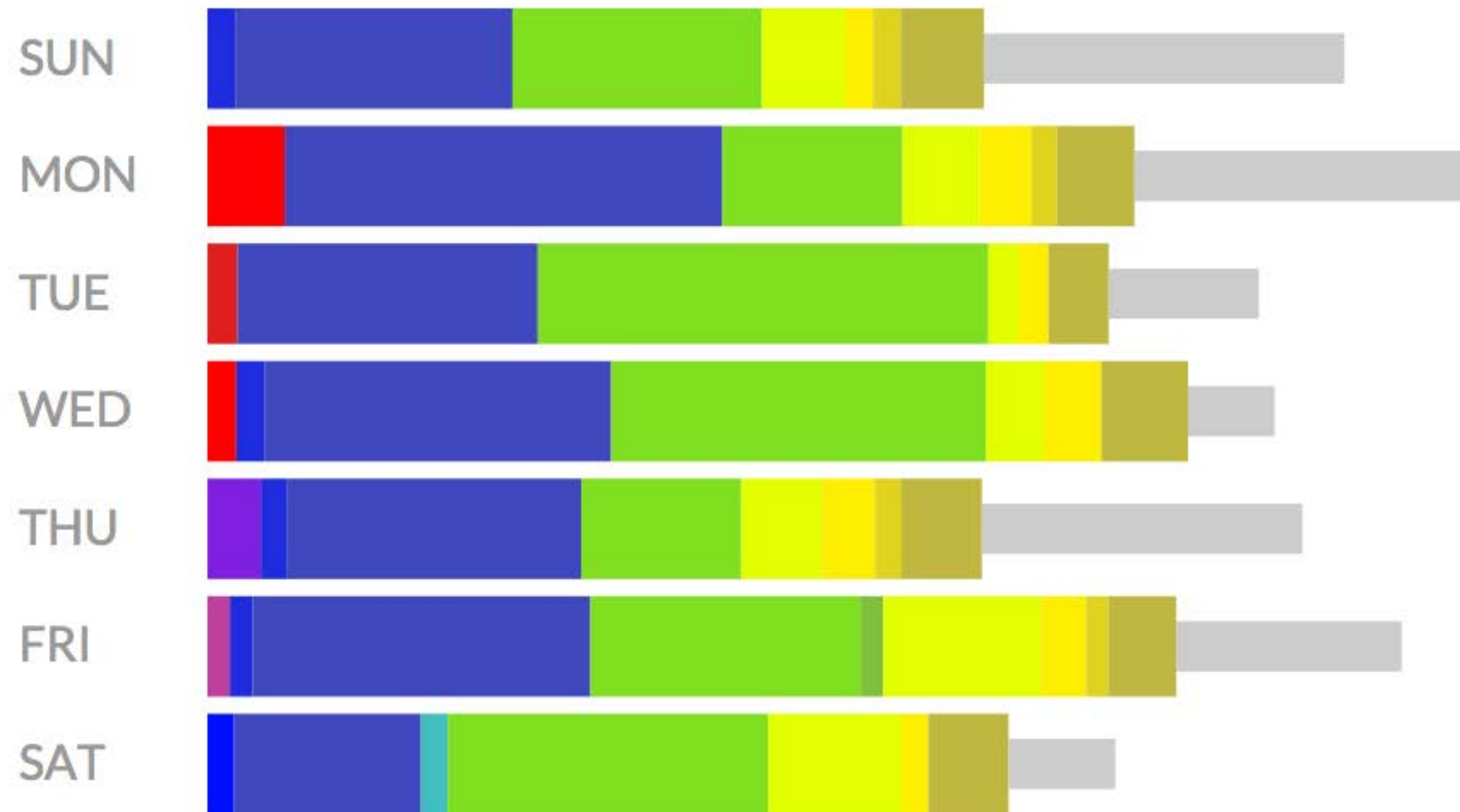
You recorded the **MOST SADNESS** on **THURSDAYS**.

You recorded the **MOST OPTIMISM** on **FRIDAYS** and the **LEAST** on **TUESDAYS**.

You recorded the **MOST FEAR** on **SATURDAYS**.

You recorded the **MOST ANGER** on **MONDAYS**.

You recorded the **MOST JOY** on **TUESDAYS** and the **LEAST** on **THURSDAYS**.



WHAT DID I LEARN?

1. I am a happy person
2. I should not call anyone on Thursdays
3. I should not do real work on Mondays
4. I use the word “Stressed” too much
5. Re-living my life with mood tracking was powerful

THANK YOU

@kouriskalligas