Personal Manifesto

This document describes my current and previous manifest and problem descriptions. I've documented those to express my thinking process. Because brainstorming about ideas isn't the problem but refining and visualizing is.

Creative block

Problems:
1. More frustration than creation is present at that moment
2. I tend to stop when the process becomes frustrating
3. Someone else had already done/made this
4. I'm always planning on making something original
5. Most of the times, I'm not feeling like stepping out my comfort zone
6. Halfway the process, I'm not sure if this is the thing I want to make
7. Can't explain my thoughts to others, but I know what direction I'm going
8. Creating is a time-consuming process
9. Even when stopping, I'm still thinking about it in my spare time
10. When will it be good enough?

Manifesto:
1. Start with enough time and mental energy.
2. Just start creating, even when it seems to suck at that moment.
3. Stay self-confident during your creative process.
4. Dare to tells others about the progress made so far.
5. Take short breaks every often by taking your mind off it.
6. Recreate self-made statements more accurate.
7. When the production finishes, be appreciative of what you made.

Visualization:
After the summer holiday, I've got the inspiration to write a demo song about a "Red Dot On A White Canvas" (3rd of September). I couldn't finish it, because my focus was going to the minor when that started on the 2nd of September.

During the minor, I noticed I was making things harder on myself than it should. Many times I remade homework assignments, didn't had the right inspiration to resume my work, created new concepts and disapproved all of my work. It got me extremely frustrated, so I translated my feelings into this manifesto. I'm not quite sure if this is exactly what a creative block feels like but it sure feels like it.

I will complete my song "Red Dot On A White Canvas" to visualize my ability to overcome that creative block. That's why I'll sing the song and play on my acoustic guitar. It will be a very personal matter, so I'm not sure if other people can relate to this feeling. Hell, I don't even know if I want to publish this in public…

Manifesto dividing attention

This manifesto is based on the phenomenon when we're dividing concentration between the thing that's going on at the moment and using a device at the same time. It can apply to all devices, such as laptops, tablets, smartwatches and smartphones.

Technology is becoming more important in our lives. We tend to look on our screens at all times during the day. I'm not surprised, because we are living life in a mix between the physical and virtual world.

The mix between physical and virtual worlds are causing attention problems. For example, students tend to look at their laptops while attending a presentation. Studies have shown that a person's stress level and amount of burn-outs are increasing caused by this mix.

How can we prevent our attention problems (and mental health) from getting worse by screens? Feel free to look at the document (same info as on the phone on my website), which has more in-depth about the subject substantiated by current related problems.

1. Experience experiences over experiencing experience documentation
Using phones during an event, like a concert or on vacation are great examples.

2. Determine what's more important at the moment
When there's an urge to look at your screen, is there a reason why it's more important than what you're doing right now? Can a certain message wait a little longer? Perfect examples are texting while driving and sleeping vs screen time.

3. Avoid blue light from screens
In today's society, it is unavoidable to look at a screen, which also contains a lot of blue light. To get more relaxed and avoid being under-slept, try to avoid blue light as much as possible. You can do this by start using blue light filters (also known as 'Red-light mode' or 'Night light').

4. Take a little more screen time before quitting
When reading text gets really boring or when you think it's time to stop watching videos, try to give it just a little more time (watch 5 more minutes, just a little more exercises). This way, you can regain concentration by getting frustration (because you keep staying on your screen).

5. Keep your device away when feeling really frustrated
When you feel like your device is distracting or keeping you from your goal, it's better to keep it at a safe place where you can't see or feel it.

6. Shutdown notification sounds

The best way to keep yourself away from a device is to turn off sounds and notification alerts. This prevents getting distractions and adding more time to this addictive state of mind.

Problems related to the manifesto
1. Using a device during classes or meetings
   a. https://www.rtlnieuws.nl/lifestyle/gezin/artikel/4402706/mobiele-telefoons-verboden-de-klas-ik-ben-geconcentreerd-op-een
2. Increasing stress levels
   a. https://eenvandaag.avrotros.nl/item/wat-doet-de-smartphone-met-onze-concentratie/
3. Screens at concerts and festivals
   a. https://liveforlivemusic.com/features/concerts-phone-video-no-more/
4. Problems with sleeping
   a. https://www.verywellhealth.com/reasons-why-you-should-not-sleep-with-your-cell-phone-4140997
5. Addiction and new routines in daily life
   a. https://www.pastemagazine.com/articles/2017/04/unplugged-smartphones-are-part-of-our-daily-routin.html
6. Texting while driving
   a. https://www.goedkopeautoverzekering.nl/blog/smartphone-tijdens-autorijden
7. Texting while cycling (new law)
   a. https://www.rijksoverheid.nl/onderwerpen/fiets/vraag-en-antwoord/mag-ik-bellen-en-naar-muziek-luisteren-op-de-fiets
8. Dividing concentration while working on a task
   a. https://www.theguardian.com/education/2016/aug/20/does-music-really-help-you-concentrate
9. Negative effects of notifications
   a. https://www.businessinsider.nl/what-your-smartphone-is-doing-to-your-brain-and-it-isnt-good-2018-3?international=true&r=US
10. Attention to ads vs games (on phones)
    a. https://www.businessofapps.com/news/mobile-users-pay-more-attention-to-ads-in-mobile-games-than-other-placements/
11. Tips on concentration while working on digital devices
    a. https://www.theguardian.com/lifeandstyle/2018/oct/14/the-lost-art-of-concentration-being-distracted-in-a-digital-world

Visualization project
Invent dancing moves where phones are required to split your attention. It should be possible to make the dancer look for another dancing partner.

Maybe there are other actions that requires the person's full attention but gets distracted by devices around him/her.

Etiquette using devices in public places

When devices are described in the etiquette, it can apply to all devices. Such as laptops, tablets and smartphones.

1. Devices aren't walls
People tend to look down on their screens, creating a social barrier around themselves. Place phones on the table and don't let them block your eye side

2. (Force yourself to) Enjoy spending time
Not only in public but also personal

3. Store the virtual world carefully in the real world
Precious quality time is lost when you organize your personal content (in public).

Being on your device is a whole other world close to the real world. Our personal belongings are becoming more digitized, such as contacts, music, files, etc. Dematerialization isn't necessarily a bad process, but because everything is digitized we tend to be quickly lost in the virtual world.

For example, sharing and pictures (on social media). When snapping photo's we store those on a storage medium, like your device's local storage, cloud, social media, etc. We move those pictures around the real world, but most of the time we get lost on where we put our personal content.

4. Experience experiences over experiencing experience documentation
Using phones during a concert and on vacation is a great example.

5. Making use of relaxing and concentrating moments
When using music with headphones, you'll create yourself an environment. It can be a space to think or just some personal space. On the flip side, it can easily be a barrier that prevents everyone to interact with you. Be aware whenever you should use music to concentrate or let bypassers say 'hi'.

10 problems
1. Effects on other people nearby when using screens
2. Screens at concerts and festivals
3. Addiction to the internet/devices
4. Divided concentration/distraction problems
5. Problems with sleeping
6. Fake news on websites
7. Tunnel vision in social media
8. More distant with nearby friends/family
9. Increasing stress

10. Shut down from the world (headphones)

Tips on writing your own manifesto:
1. Numbered list
2. Challenge and provoke (impossible)
3. Advertisements
4. Comes in many forms
5. Better short than long
6. Theatrical
7. Fictions dressed as facts
8. Embrace paradox
9. Always on the bleeding edge to innovation
10. And (almost) magic

Visualization project

I like the idea of creating an interactive social simulation, so other people can experience what my manifesto is all about.

The first concept is where I ask three other people to join me on a game of 'Mens erger je niet'; a quite simple turn-based game where you need to divide your attention on the game and your phone. I'll ask them to do one of the following things:

- Select nice relaxing background music on a playlist. Some are very loud, so they have to look through the playlist
- Type a text on their phone within a certain time limit
- Making pictures of the building