

Start the 15<sup>th</sup> Year of Crafitti (31<sup>st</sup> May 2022) with



# Craft My **WRYT** LIFE - JOURNAL

Becoming - Inventor, Innovator and Doer through *Writing by Hand*



## Craft my **WRYT LIFE** Journal

*Crafting my writing life*



“Writing down for 20 minutes a day for 4 days in a row can measurably improve your mood”

If 20 minutes sound too much, how about 5 minutes, or 2 minutes? This is a journal to make your writing journey fulfilling with bliss, productivity and abundance of IDEAS. *Every one can not have a Writer's Life but everyone ~~can~~ should have a Write Life!*

### **Craft my Wryt Life**

*Each page provides and guides you through a tool, technique, trigger or thought that has worked for us and our clients to fill you up with energy, enthusiasm and joy of **creative clarity** in the world of **cluttered complications**.*

*Pick up a blank page from the journal at will but every day and use it to*

**WRYT** *your life Creatively.*

**MAY 31, 2022**

CRAFITTI CONSULTING PRIVATE LIMITED

1B 401, Akme Harmony, Bellandur Gate, Sarjapur Road, Bangalore- 560037

Date:



What is your feeling (Use Smiley):



Title of **IDEA HOROSCOPE**

<p>Current Situation</p>	<p>Future Situation (if nothing is done)</p>	<p>Problem to be solved</p>	<p>Situation after Idea is successfully implemented</p>
<p>Why? Idea is needed</p>	<p><b>START Here</b> - What is the Idea? (max. 30 words)</p>		<p>How idea is different than existing paths/ideas? (Unique)</p>
<p>How can you make it more feasible?</p>	<p>Sketch your idea...</p>		<p>How idea is better than existing paths/ideas?</p>
<p>Current, Time, Date, Location and trigger for the idea!</p>	<p>Who will be your user and why will they pay for implementation of the idea?</p>	<p>What have you done so far on the idea? <i>Nothing</i> is also a good answer</p>	<p>Three Months Goals and Objectives.</p>

Date:



What is your feeling (Use Smiley):



**YOUR DAY TODAY**

What are you working on or working towards, - can be a project, an assignment, a plan, a tutorial or house hold chores (Write about it – free flowing)

Date:



What is your feeling (Use Smiley):



**Connect The Unconnected**

**Take two things (unconnected) – say Giraffe and Your life**

**Write down main features of the first (Giraffe) and write down if those features are applied to second (your life) what changes can you imagine – write down**

**How will second thing change (your life) if the characteristics of first (Giraffe) are applied to it**

**First thing (Giraffe) characteristics**

Date:



What is your feeling (Use Smiley):



S.No.	Passion Drivers	What are you passionate about? Select at least one or prioritize all 7 if you can.
1	Imagination	
2	Transformation - Change	
3	Problem Solving	
4	Connecting with Others needs	
5	Technology/Machines Connect	
6	Analytical/logical	
7	Sensitivity	

Your passions – issues, domains, fields, skills, activities, - things that connect with you at some deeper level

Date:



What is your feeling (Use Smiley):



**Do you have any specific Goal(s)- Yearly, Monthly, weekly (30 words Goal statement)**

**I envision that in next \_\_\_ days, I will achieve**

<b>Current Situation</b>	<b>Intermediate Situations and Conditions</b>	<b>Your actions to achieve the goal (Key activities)</b>
	<b>Intermediate Situations and Conditions</b>	

Date:



What is your feeling (Use Smiley):



**Oh! They are planning to make a movie on YOUR Life! Yes ...**

**Which actor you want should play your role in your biographical movie? And who should play the villain – do you have one or many villain roles in your life story? Who should play your friends and key relatives?**

**Why should these actors play the specific roles that you have chosen for them in your life? As in how do they fit the role.**

Date:



What is your feeling (Use Smiley):



**WHY – any why question(s) ... Why there is so much poverty in the world?**

**What if ... (once you have a why question, asks what if ... that may resolve the why)**

**How to ... (make what if happen ..)**



Date:



What is your feeling (Use Smiley):



**Current World (What has changed in Last 5, 10, 15, ... years)**

**Future World (What will change in next 5, 10, 15 ... years)**

Date:



What is your feeling (Use Smiley):



**Current Specific Situation**

**Future Situations (possibilities)**

Date:



What is your feeling (Use Smiley):



**What key changes you have been impacted by in last few years?**

**What has been your responses to these changes?  
What you could have done differently to respond to these changes?**

Date:



What is your feeling (Use Smiley):



**Any Current Thought – (our minds have between 5 to 9 thoughts running at any moment- just catch one of them in your mind right now and write it down below)**

**What if ...**

**How can they ...**

**Why not we ...**

**I feel ...**

**The Real Problem is ...**

**I think ...**

**You know what ...**

**I suddenly realized that ...**

Date:



What is your feeling (Use Smiley):



<b>Current Situation</b>	<b>Future Situation (Worsening)</b>
	<b>Future Situation (Improving)</b>
	<b>Your Preferred Situation</b>

Date:



What is your feeling (Use Smiley):



**Summary/ Main point of the video/book/article/factoid/NEWS/research I came to know/read/saw today**

**Any questions/thoughts/feelings/**

**Action points/ What do I want to do with this input**

Date:



What is your feeling (Use Smiley):



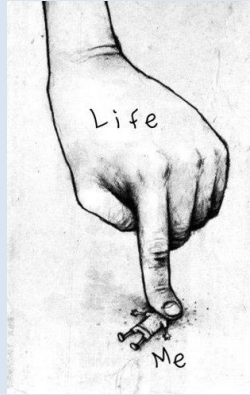
### The GOAL CANVAS

<b>Assumptions</b>	<b>How will you Verify Assumptions?</b>	<b>Potential hindrances ahead</b>	<b>Before hand actions to respond to the hindrances</b>	<b>Next Objectives setting towards the Goal</b>
<b>Actions planned/to be planned</b>			<b>Outcomes desired/expected</b>	

Date:



What is your feeling (Use Smiley):



**Write as many funny captions on the image above – as many funny captions as you can. Describe the funny caption in one sentence as well.**



Date:



What is your feeling (Use Smiley):



This is an open day and page – write whatever you want – freely.

Date:



What is your feeling (Use Smiley):



**The Idea Day Today!**      Name the idea *after writing it down below.*

*Ideas are those thoughts that are potential seeds of change. Remember not every thought is an idea, but every idea is a thought.*

**Title of the IDEA:**

**What is the idea?** (Max 30 words to write down what is the idea)

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**Idea Trigger:**

**(What triggered this idea in your mind?):**

**Would you like to Draw your idea?** (Picture, diagram, mind-map, schematic, concept map, system diagram, flow chart, anything else – use crayons if you want)

Date:



What is your feeling (Use Smiley):



Title of **NEW** IDEA:

What it is? (Max 30 words to write down what is the idea)

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In your view, how it is different than what is existing? (Max 30 words to write down what are the key differences in which the new approach is different in terms of *how it is implemented/to be implemented*)

In your view, how it is better than what is existing? (Max 30 words to write down on which key parameters/impact/effect the new approach/idea is better than existing)

Idea Trigger:  
(What triggered this idea in your mind?):

Would you like to Draw your idea?

Date:



What is your feeling (Use Smiley):



**The Day of the Problem (any hindrance that is not letting us reach a situation that is desired including fulfilling a need or taking-up an opportunity can be problem)**

**What is the problem?** (Max 30 words to write down the hindrance)

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**Why this problem exists:  
(What triggered this problem?):**

**Problems can be routine, non-routine, conflict or contradiction, paradox, complex, wicked or fear of unknown. If you know what is the resolution of problem looks like and all steps that you need to take to reach that final problem-resolved state it is routine, if few steps are unknown but end-state or goal is clear it is non routine, if the end goal itself is not clear it may be due to some contradiction (I tried to do X but I could not do as Y gets bad) or a paradox I want Z and I also don't want Z. I have to do A but I don't know how much it will impact X or what else it may impact; wicked problem is one which can not be defined. Try to categorize and define the problem below**

Date:



What is your feeling (Use Smiley):



**The Day of the Problem (any hindrance that is not letting us reach a situation that is desired including fulfilling a need or taking-up an opportunity can be problem)**

**Do you have a Type A problem?** (Max 30 words to write down the hindrance)

- (1) We should do X (increase productivity, profit, reliability, etc, decrease attrition, waste, etc)) OR
- (2) I want to do X, but have no opportunity or not allowed to do X. OR
- (3) We should do X, but do not know how/vague idea of how to do

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**Why this problem exists:**

(Wish/Aspiration ~ Administrative Contradiction ~ May be High level Objective setting (Almost ~ Do "Something"?):

**Leading question: Why should you do X? What is stopping you to do X?**

Date:



What is your feeling (Use Smiley):



**The Day of the Problem (any hindrance that is not letting us reach a situation that is desired including fulfilling a need or taking-up an opportunity can be problem)**

**Do you have a Type B problem?** (Max 30 words to write down the hindrance)

(1) We did Y expecting X, but it resulted in Z? OR

(2) We did Y to do X, we achieved X partially but we also had Z which is harmful/not expected/not thought through?

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**Why this problem exists:**

(Unexpected Results/Consequences of an action?):

**Leading question: Why were you expecting X (X only)? What was missed out when you conceived Y to achieve X? Why Z was not expected? Could something was done while doing Y that caused Z? Can Y be modified to eliminate that something?**

Date:



What is your feeling (Use Smiley):



**Write a Poem today (in any language, yes in C++ or Python as well if you want)**

**Write the final Draft of the poem or a translation in English or in your native language or in any other language)**

Date:



What is your feeling (Use Smiley):



**The Day of the Problem (any hindrance that is not letting us reach a situation that is desired including fulling a need or taking-up an opportunity can be problem)**

**Do you have a Type C problem?** (Max 30 words to write down the hindrance)

(1) We improve X by doing Y but it worsen/reduce Z which is not desired. OR

(2) We improve X by doing Y but we cannot do more Y to improve X as it reduces/worsens Z, so we do Y only to an extent to optimize X and Z.

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**Why this problem exists:**

(Beyond Optimization):

**Leading question: Could something done while doing Y caused Z to worsen? What is that? Can Y be modified to eliminate that something? Can we find Y-Dash which does X AND doesn't worsen Z?**



Date:



What is your feeling (Use Smiley):



**INVENTIVE IDEA:**            **Title:**

**What it is?** (Max 30 words to write down what is the idea)

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**In your view, how it is different than what is existing?** (Max 30 words to write down what are the key differences in which the new approach is different in terms of *how it is implemented/to be implemented*)

**In your view, how it is better than what is existing?** (Max 30 words to write down on which key parameters/impact/effect the new approach/idea is better than existing)

**In your view, how future proof it is - how many other ways are possible in near future?** (Max 30 words to write down how the function/improvement/change could be achieved in near future)

**Is it solving a problem? If yes, what problem it solves?** (Max 30 words to write down key problem - it can be achieving a new function, improving a system parameter, eliminating a system conflict, evolving to new technology, etc)

**Idea Trigger:**  
(what triggered this idea in your mind?):

**Would you like to Draw your idea?**

Date:



What is your feeling (Use Smiley):



Write a short story (Funny)

Write a short story (Tragic)

Date:



What is your feeling (Use Smiley):



Take a random year of your life (say, year 2005) *write down* what you remember happened in that year for you, your career, your education, your family, any specific event, memory. You met a life-long friend or had a major fight with some one or over something ....

How do you feel, after writing the year 20XX of your life? Express ..

Date:



What is your feeling (Use Smiley):



Let me review my ideas: **IDEAS REVIEW DAY**

Date and page number	IDEA-Name	Interestingness (High/Medium/Low)	How can you make it more interesting today?

**Change (some ideas can be changed) – modified, updated, expanded**

**Combine (some ideas can be combined, coupled, interlinked, made interdependent)**

**Imagine (some ideas can be imagined in future, imagined in different contexts, imagined in different space, in different conditions, under constraints of size, time or cost)**

**Would you like to Draw your Idea - Rough Sketch!**

Date:



What is your feeling (Use Smiley):



**Using the “What-Is” “Thoughts-Network” Tool**

**What is existing**

**What could be – in future?**

**What would be – in future?**

**What should be – in future?**

**Can you write down the path from Current situation to any/all of could/would/should futures?**

Date:



What is your feeling (Use Smiley):



Consider a story, movie, novel, book, biography, etc. Pick up the hero or the anti-hero or any specific character in that story that you know or have read.

If you have to change the role of specific character to exact opposite of what was in original, how will you change it – for example character actor become the main villain or the main hero or the hero actually turned out be the main villain.

Date:



What is your feeling (Use Smiley):



**IMAGINE THE NEXT – SciFi-IT (Science Fictionalize it)**

**As I searched for money to pay, I smiled, just an old habit. I didn't realize it's a currency-less world now...**

Date:



What is your feeling (Use Smiley):



Revising an idea

(Ref) From page number and date:

**Update: What it is?** (Max 30 words to write down what is the idea)

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**Update: In your view, how it is different than what is existing?** (Max 30 words to write down what are the key differences in which the new approach is different in terms of *how it is implemented/to be implemented*)

**Update: In your view, how it is better than what is existing?** (Max 30 words to write down on which key parameters/impact/effect the new approach/idea is better than existing)

**Update: In your view, how future proof it is - how many other ways are possible in near future?** (Max 30 words to write down how the function/improvement/change could be achieved in near future)

**Update: Is it solving a problem? If yes, what problem it solves?** (Max 30 words to write down key problem - it can be achieving a new function, improving a system parameter, eliminating a system conflict, evolving to new technology, etc)

**Would you like to Draw your idea?**