

LOG-A-RHYTHM tm: A method of chronicling, analyzing and organizing.

Initial Draft 12/20/81

(A projected one year plan to enable others to experience the process of using network analysis and periodic record-keeping and review as a means activity management.)

INITIAL THREE MONTHS:

PERSONAL

Evening review of major comfortably re-called events per format
Re: food, exercise, general thoughts about the process of reflection

AM

Do list
Telephone log
Letters

Fill out questionnaire for personal time-line

Study nature of network and time-line analysis

BUSINESS

Business activity / appointments
daily cost / telephone
Letters / do list / reports
Plans, networks

THREE TO SIX MONTHS

- Review constructed networks
- Choose categories and keep day-long log of activity and ideas
- Re-cap and review initial three months records
- Organize files to accommodate additional material

SIX TO NINE MONTHS

- Reflect on ideas and feelings about first six months effort
- Analyze personal understanding of yourself in relation to long-term
 - Trends seen in "life-line" developed in first six months
- Examine current time of year to allow seasonal influence to be considered

- Choose active or passive schedule for three month period
- Organize files and re-cap first three-to-six months
- Periodic review of various time-lines
- Network understanding and summary of written material

ACTIVE Daily log-keeping and note-taking
 SPECIAL PROJECT(S) Network analysis for project choice

PASSIVE Reduce to evening summary recollections except as desired

NINE TO TWELVE MONTHS

REVERSE PREVIOUS THREE MONTH SCHEDULE

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