**View from my day**

* **Choose**  
  Choose an “Activity of the Day.” It might be your commute, a run, or a trip to the store.
* **Observe**  
  Pay attention to something that interests you during your activity. Try to find the extraordinary in the ordinary.
* **Create**  
  Create something based on your observations. Make sure to spend the same amount of time creating that you spent on your activity.