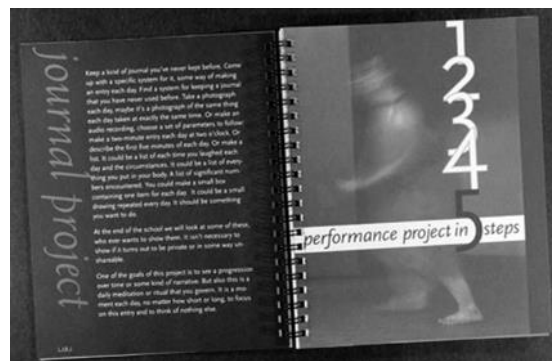


Goat Island performance group

Journal Project (from *School Book 2*)



Keep a kind of journal you've never kept before. Come up with a specific system for it, some way of making an entry each day. Find a system for keeping a journal that you have never used before. Take a photograph each day, maybe it's a photograph of the same thing each day taken at exactly the same time. Or make an audio recording, choose a set of parameters to follow, make a two-minute entry each day at two o'clock. Or describe the first five minutes of each day. Or make a list. It could be a list of each time you laughed each day and the circumstances. It could be a list of everything you put in your body. A list of significant numbers encountered. You could make a small box containing one item for each day. It could be a small drawing repeated every day. It should be something you want to do.

At the end of the school we will look at some of these, who ever wants to show them, it isn't necessary to show if it turns out to be private or in some way un-showable.

One of the goals of this project is to see a progression over time or some kind of narrative. But also this is a daily meditation or ritual that you perform. It is a moment each day, no matter how short or long, to focus on this entry and to think of nothing else.