

# Notes & doodles

A project from our lab



**Title:**

Notes & doodles: an experiment from the Despacio Lab

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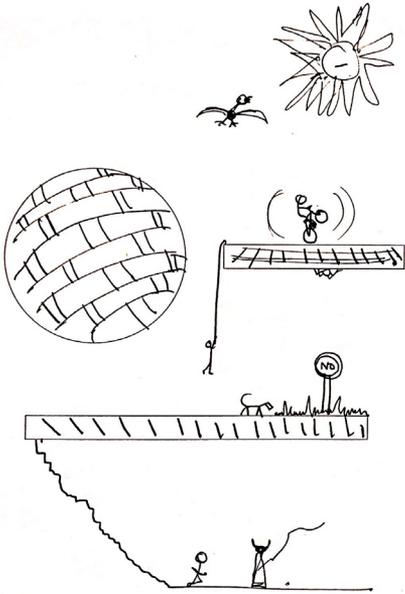
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*This notebook is dedicated to those who liked to draw and doodle but they were scolded so much about it that they no longer want to draw a curved line in their entire lives. This is your chance!*

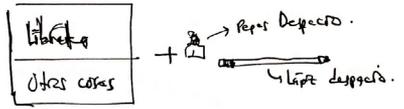
*...you can start by drawing something here:*





Fecha. 23. 03. 2017 Hora. una hora  
 Tema de la reunión. Miro, Uredo Lugar: mi casa

- No tenemos idea de cómo resolver
  - lo mismo.
  - Traer 20 copias. } Mover a desktop
  - Cambiar 20 copias }
- 31/03/2017 → Fecha límite para conseguir



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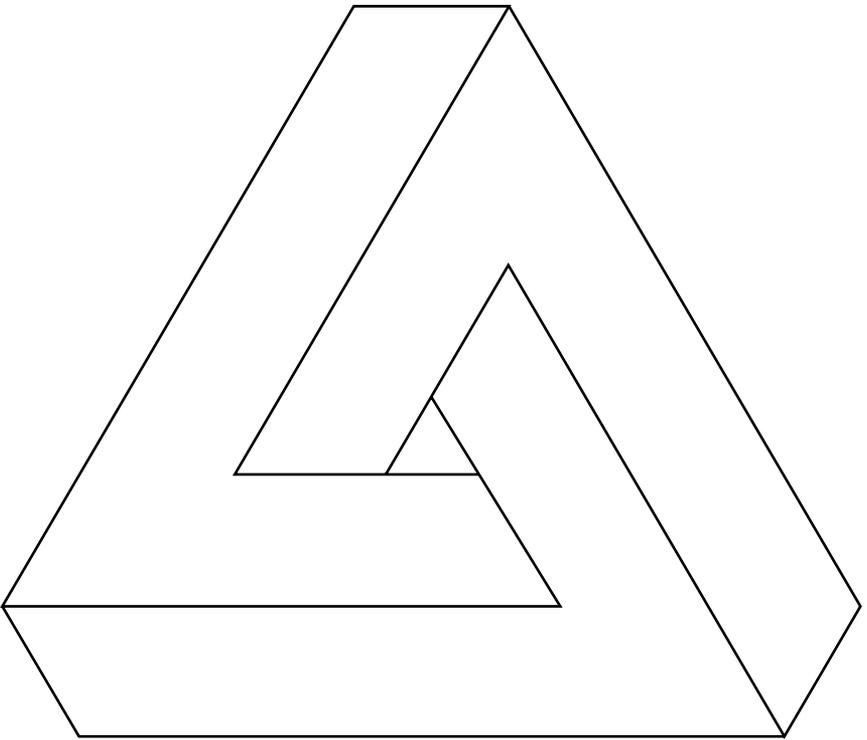
# Instructions

This notebook was designed so that you can pay greater attention to meetings, improve your drawing skills and stop looking at social networks on your phone. These three objectives are mutually reinforcing because you will have greater retention of things discussed during your meetings and at the same time will continue that long road to total perfection in drawing (who knows, maybe in some years and some several hundred Notes & doodling notebooks you will be the new Frida Kahlo). Also, you can reduce your obsession of updating what your social networks are saying - we promise you're not missing out on anything important if you stop looking at them for several hours.

This notebook was also designed so that you can take notes of your meetings, because we know that the world doesn't depend solely on doodles but also of those notes, and that there will always be bosses that say "so we need to do three things" and they say them to later follow up (we suggest you take note of that!).

In summary: between doodles and notes you will become the person with greatest retention and followup of your office. This notebook is your secret weapon.

To use this secret weapon there are no further instructions, use it and we hope you enjoy doing all the doodles you can, color them if you want and help us complete the incomplete drawings that we left for you. If you are very excited, send us pictures of your work at our email [oficina@despacio.org](mailto:oficina@despacio.org) (or use the hashtag [#yovoydespacio](https://twitter.com/yovoydespacio)) to show off.



# BOSS:

If you are reading this, it's for one of three reasons:

- Because you were interested in this notebook (congratulations!)
- Because you were given the notebook open in this page before you started a meeting
- Because you "caught" someone drawing and coloring in the middle of a meeting.

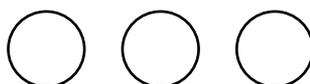
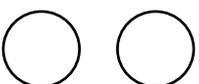
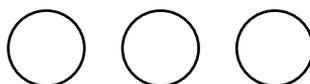
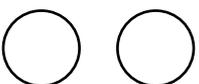
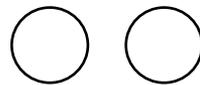
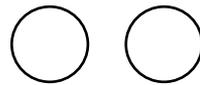
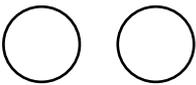
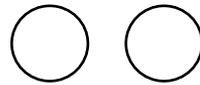
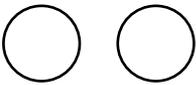
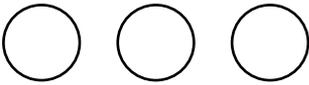
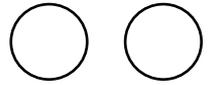
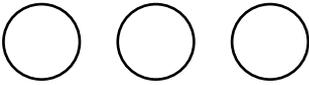
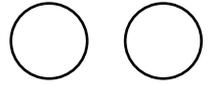
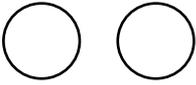
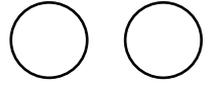
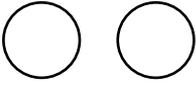
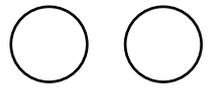
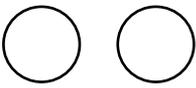
In any of the three cases above, this is useful to you: please don't scold people who draw or color during a meeting because, as you'll read in the introduction, that doodling is improving their attention. Just so you know:

- People who doodle retain 29% more information than those who do not do it
- Doodling keeps people from being stuck on social networks on their phones or looking at the ceiling.

In reality, the fact that someone is doodling is something useful for you and your meeting. If you have doubts, please let us know ([oficina@despacio.org](mailto:oficina@despacio.org)) and we'll explain in greater detail.

Your truly,

**The Lab**  
**Despacio.org**



Date.

Time.

Topic of the meeting.

Place.

Key meeting agreement.

An anecdote:



Date.

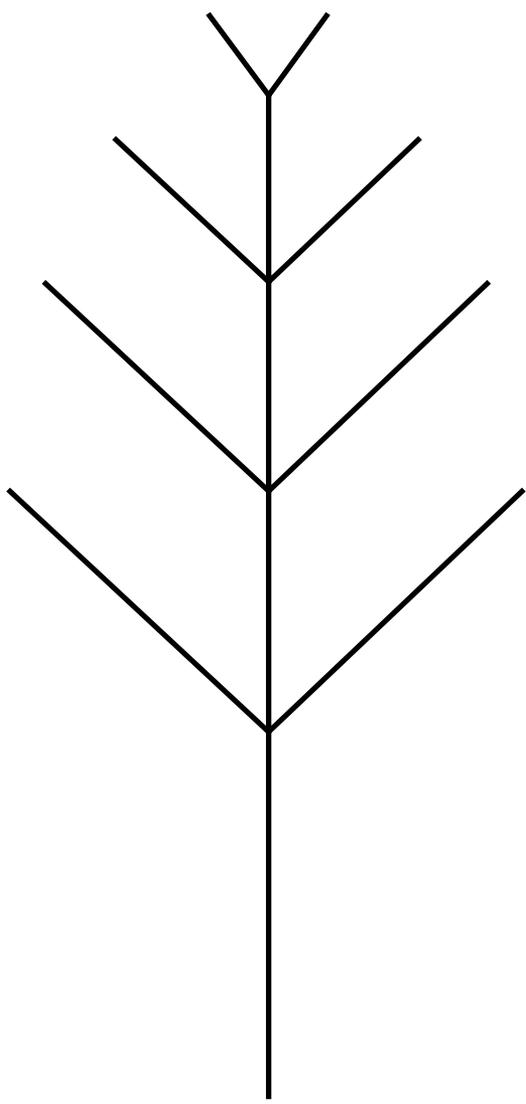
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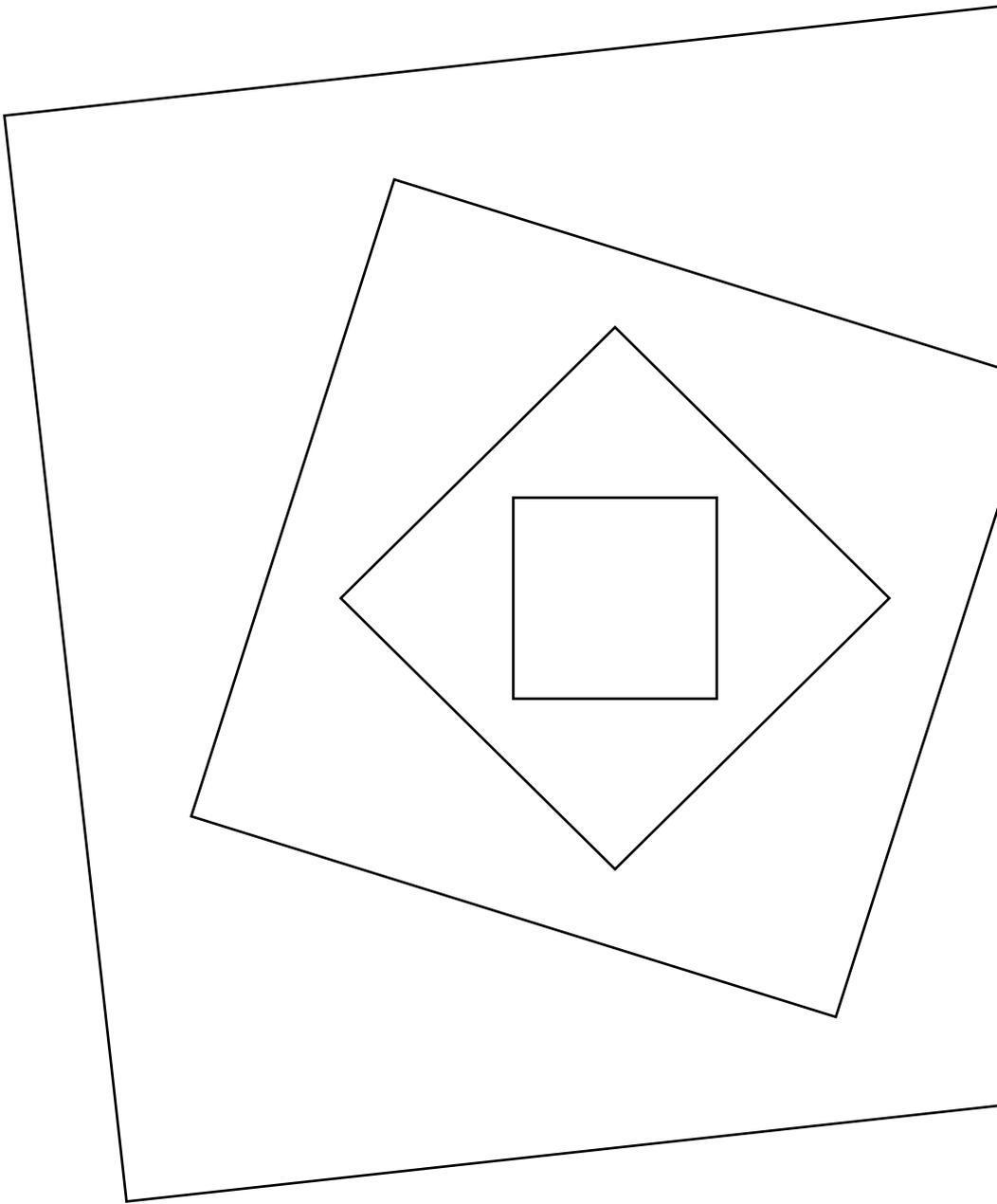
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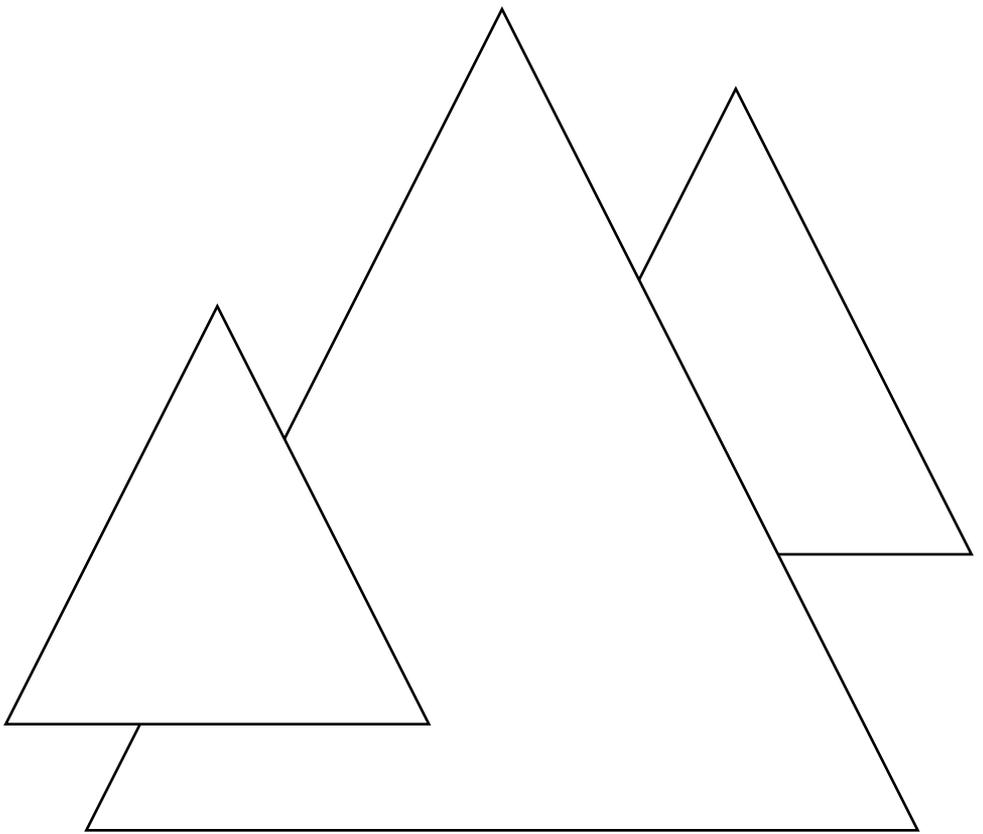
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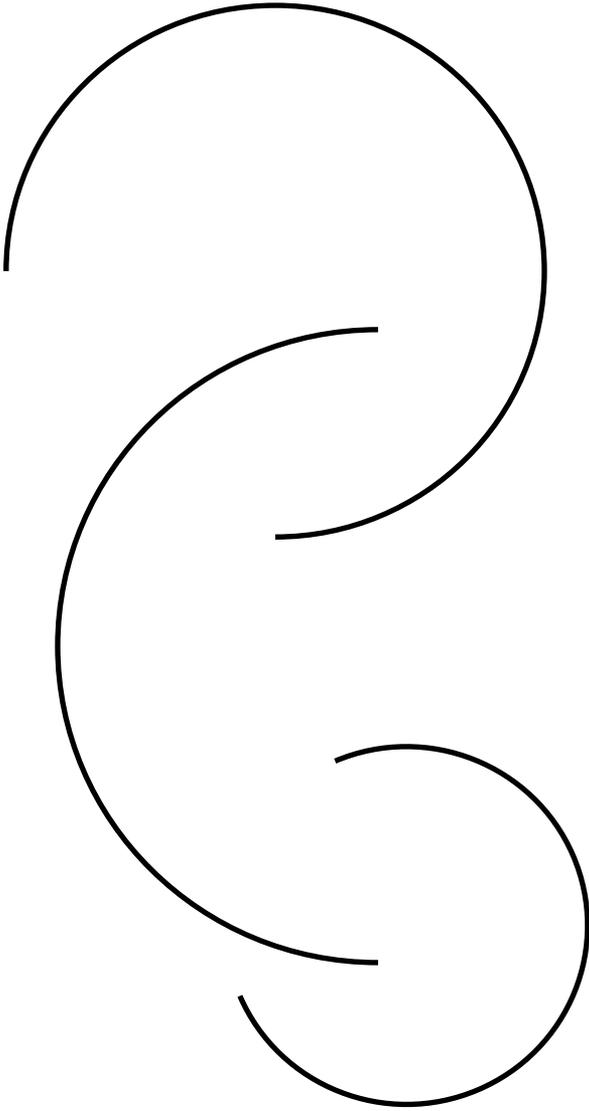
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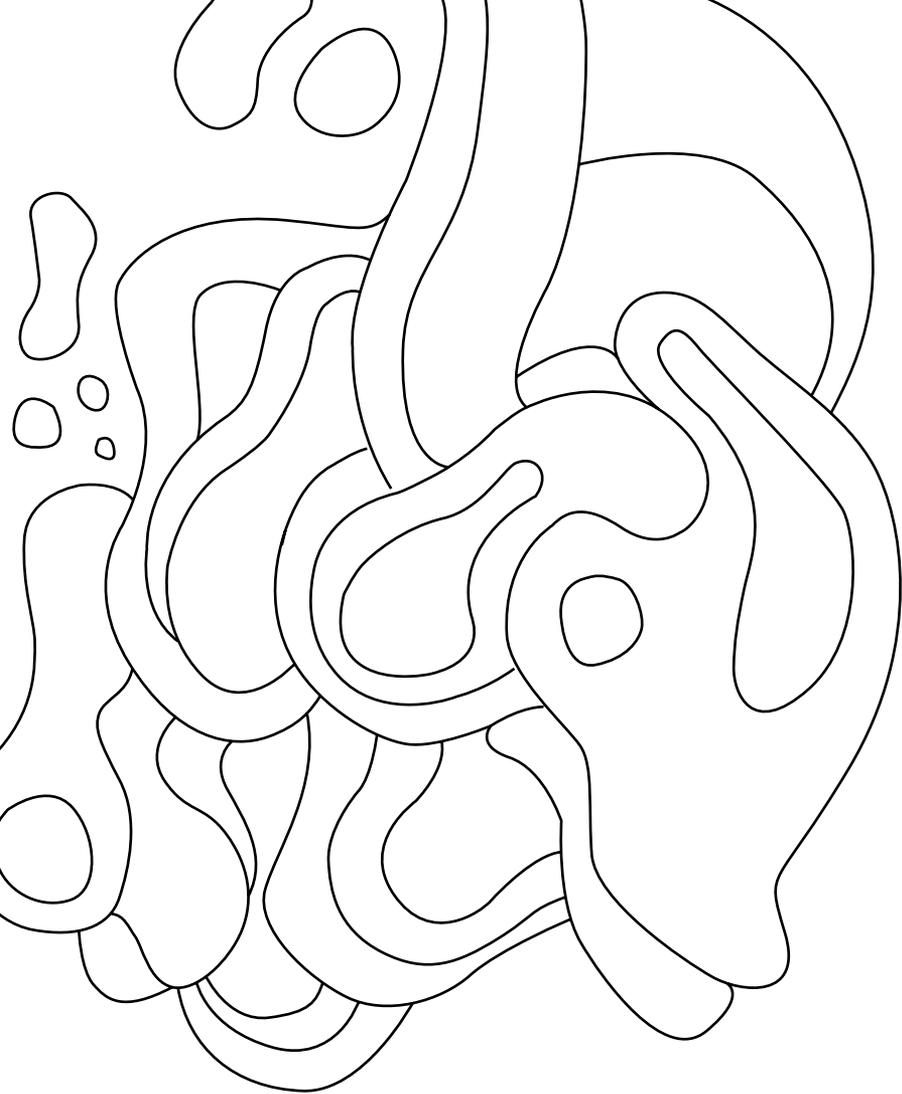
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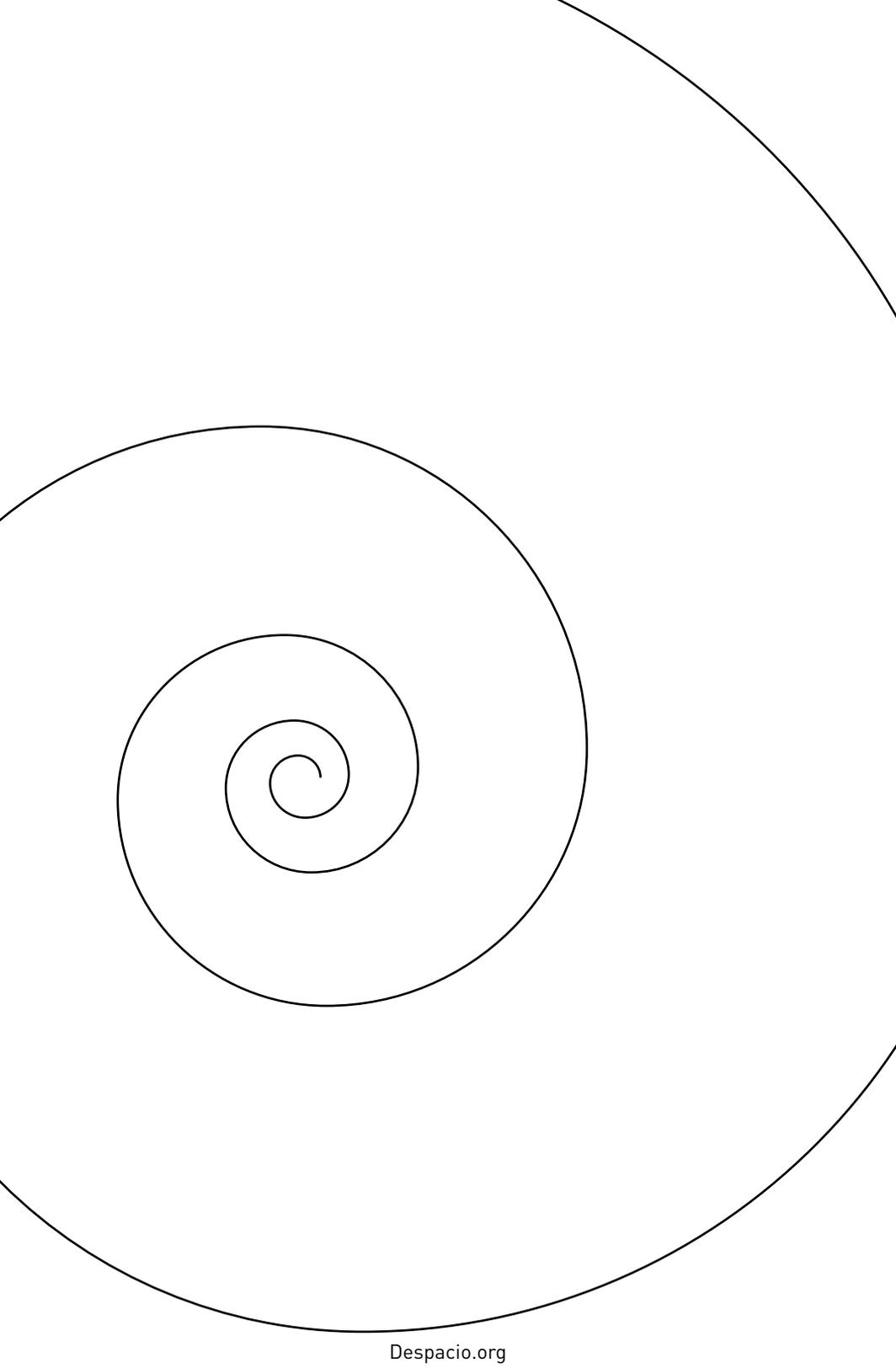
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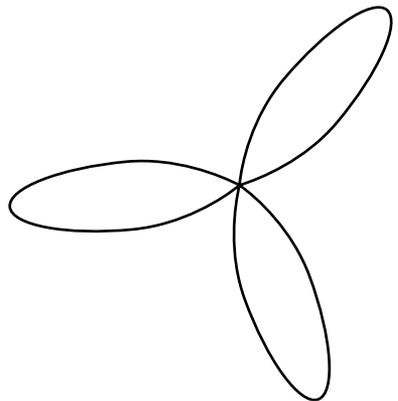
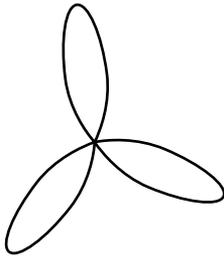
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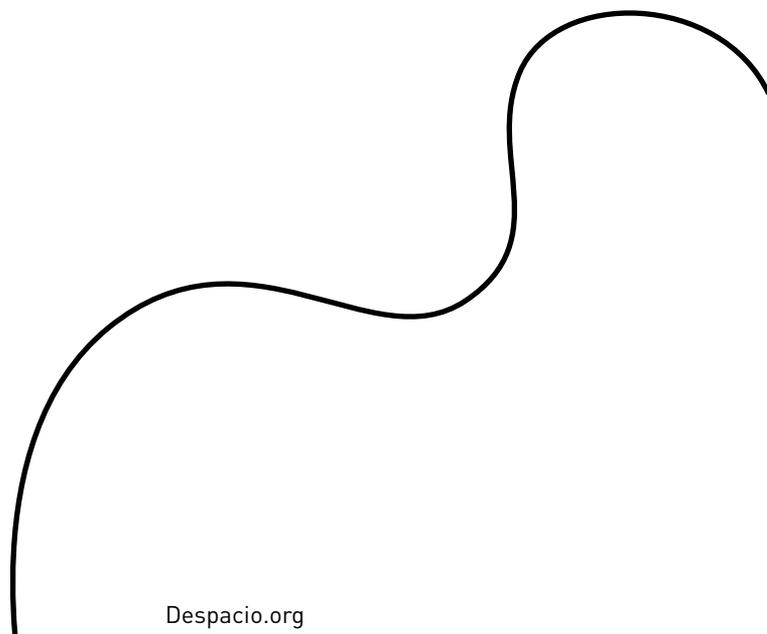
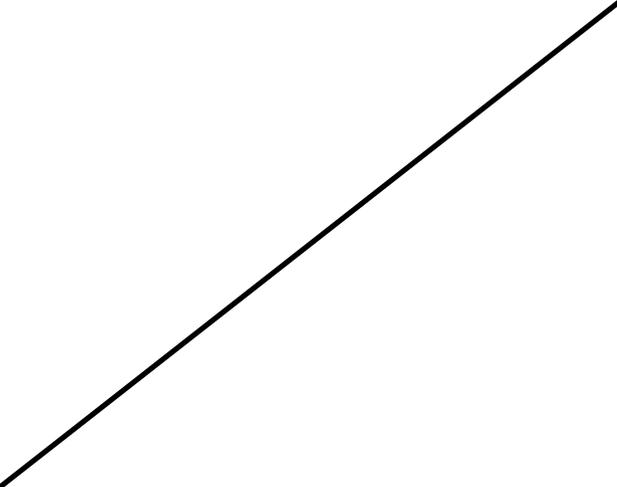
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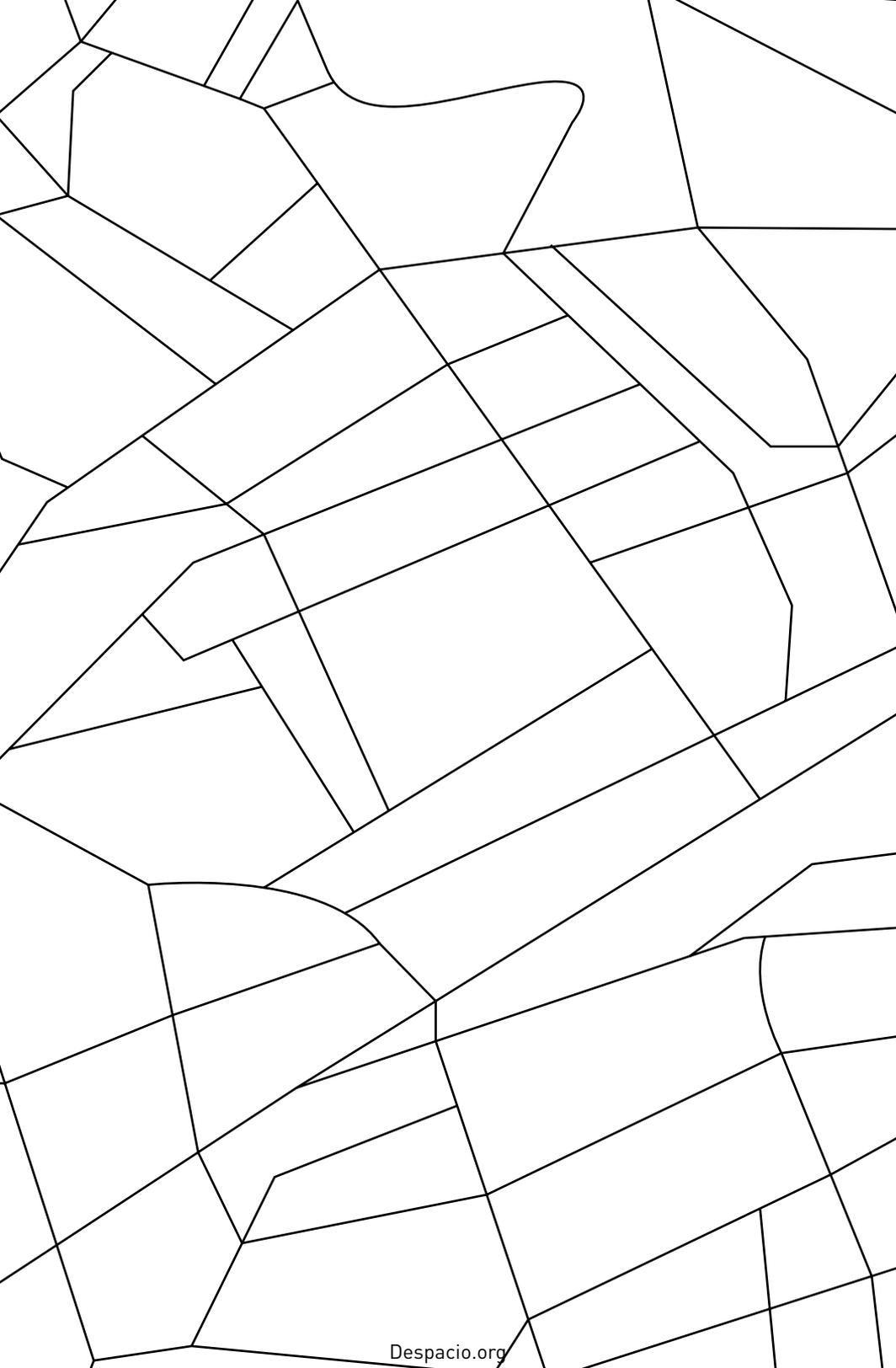
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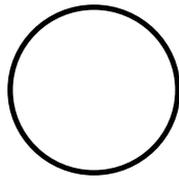
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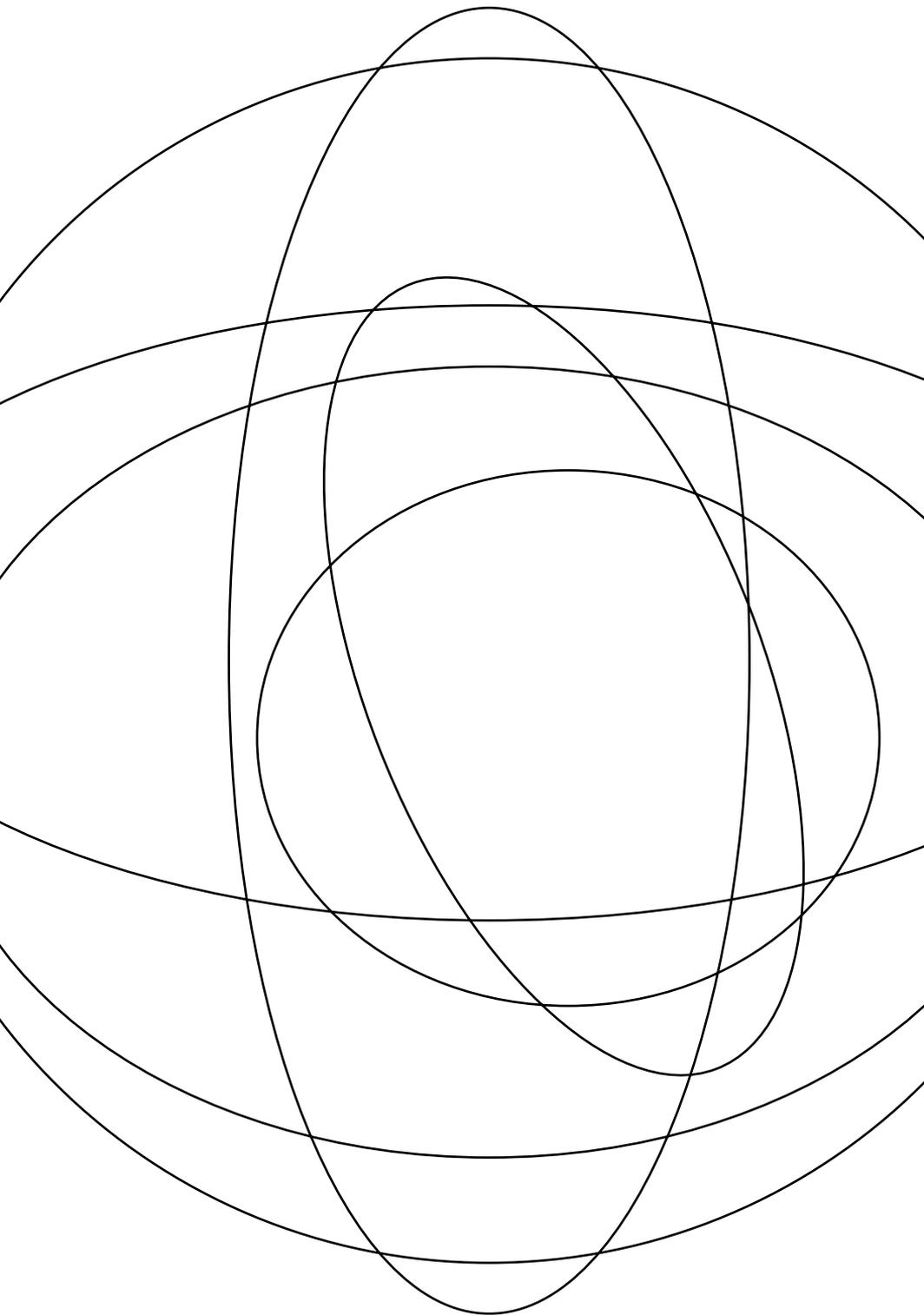
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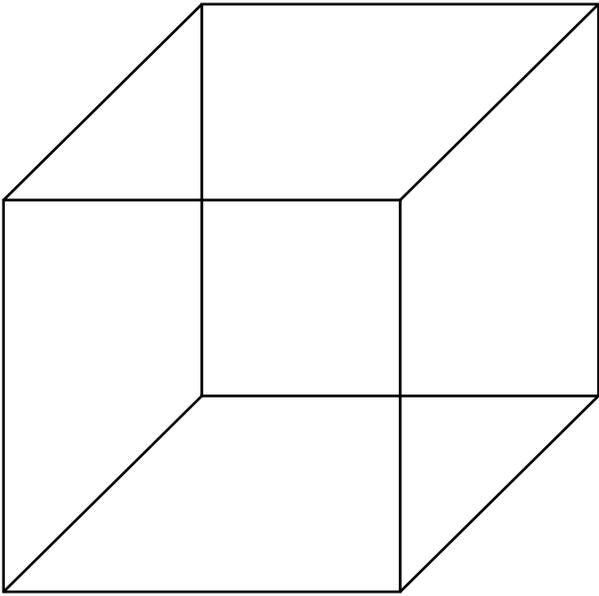
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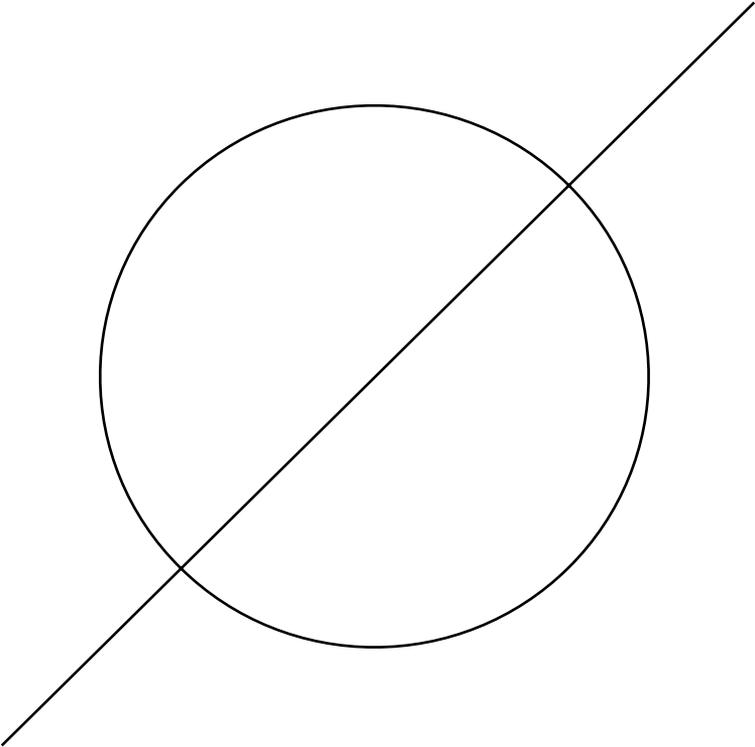
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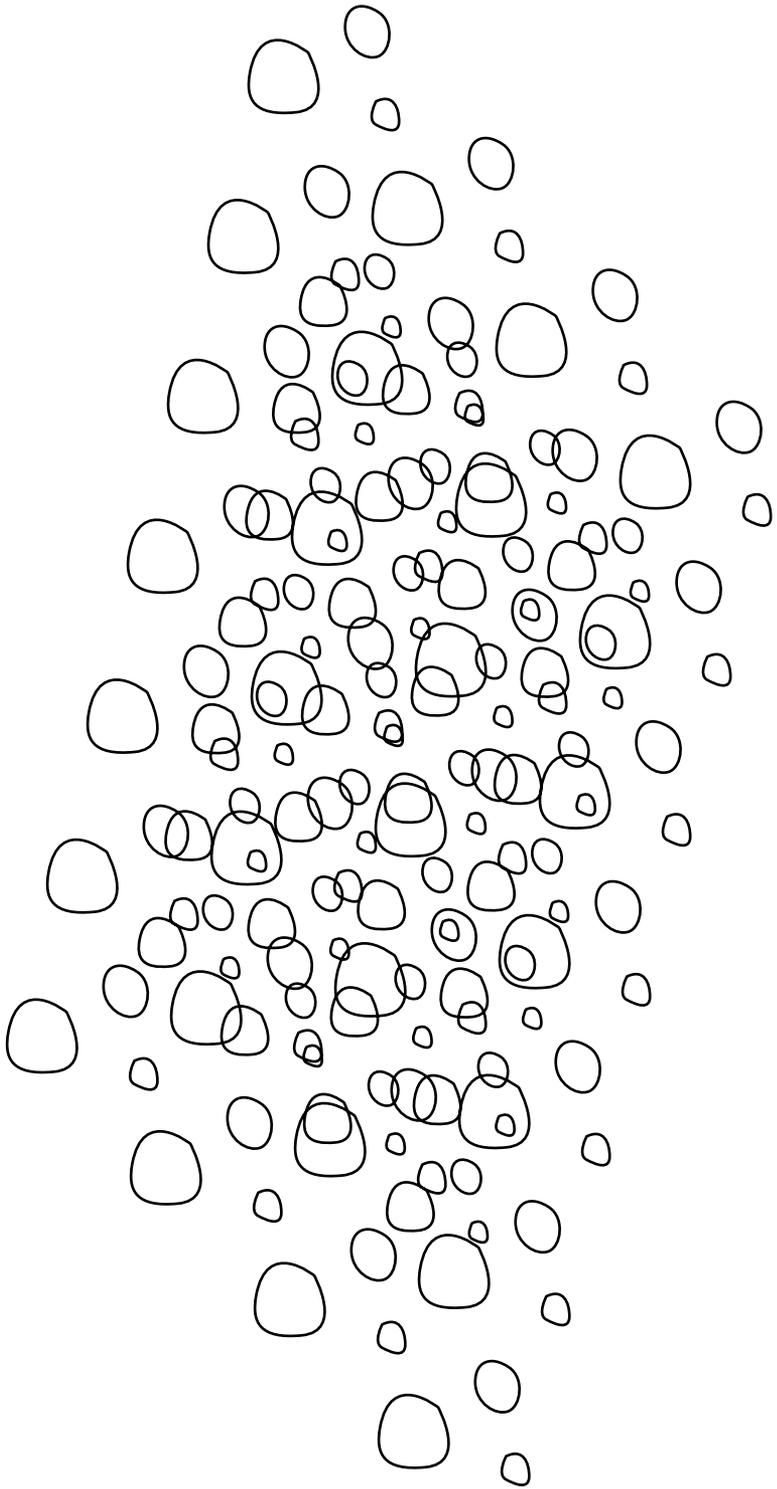
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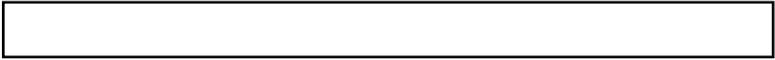
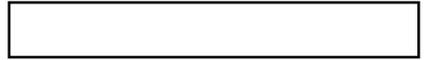
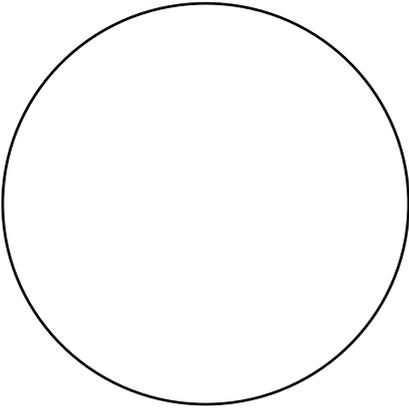
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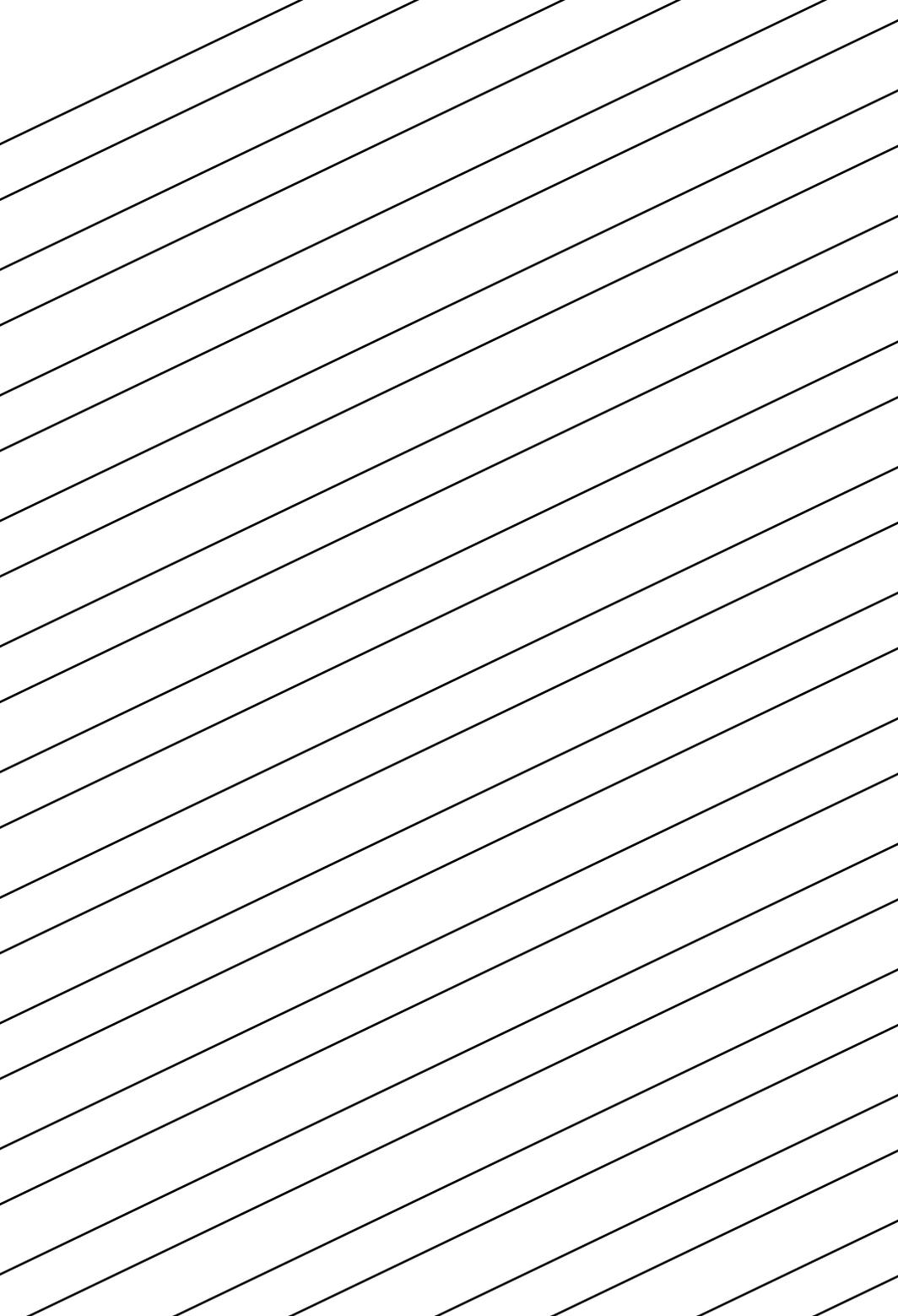
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Despacio is a research center founded in 2008 and legally established as a non-profit organization in 2011. The Main objective is to promote a quality life in the cities during all the stages of the human life cycle, through applied research that challenges intuition. Its philosophy is similar to the Slow movement, which seeks to improve well-being from the most individual and familial aspects (eating, commuting, raising children, organizing the home and work) to the most collective (planning and managing slow, humane, and sustainable cities). Despacio centers its work on three issues: city, life, and climate. The organization pursues these three areas via publications, events, and a laboratory.

A project from our Lab

