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Appendix C.1.A.1: USDA Journaling Focus Group Homework Assignment

Journaling Focus Group Homework Assignment (to be including with Journaling Focus Group Invitation)

In preparation for the discussion, please collect 7-10 images that represent your thoughts, feelings, and impressions, and concerns about living a healthy life. These can be photographs, pictures torn out of magazines, newspaper clippings, images you print from the web, hand drawings - images in any medium. This should be based on what you already think and feel about this topic (please do not do any new research). Please bring the images with you and be prepared to talk about what you see in them.

The images should reflect your thoughts and emotions about living a healthy life. We are looking for analogies or metaphors for your feelings. We know this can be a different way of thinking so I'd like to share some examples from unrelated projects. This is just to jump start your thinking based on images other people have picked to represent feelings or thoughts.

- A fuzzy sock to represent comfort, softness
- A picture of an iceberg to show there are some things hidden that you can't see
- A picture of a river stone to illustrate time, smoothness

Look for images that show all aspects of how you feel about living a healthy life.

You will receive a gift of \$25 to show our appreciation for completing this pre-discussion assignment.

If you have any further questions, please contact

NAME

CONTACT EMAIL CONTACT TELEPHONE