

WRECK THIS JOURNAL

TO CREATE IS TO DESTROY

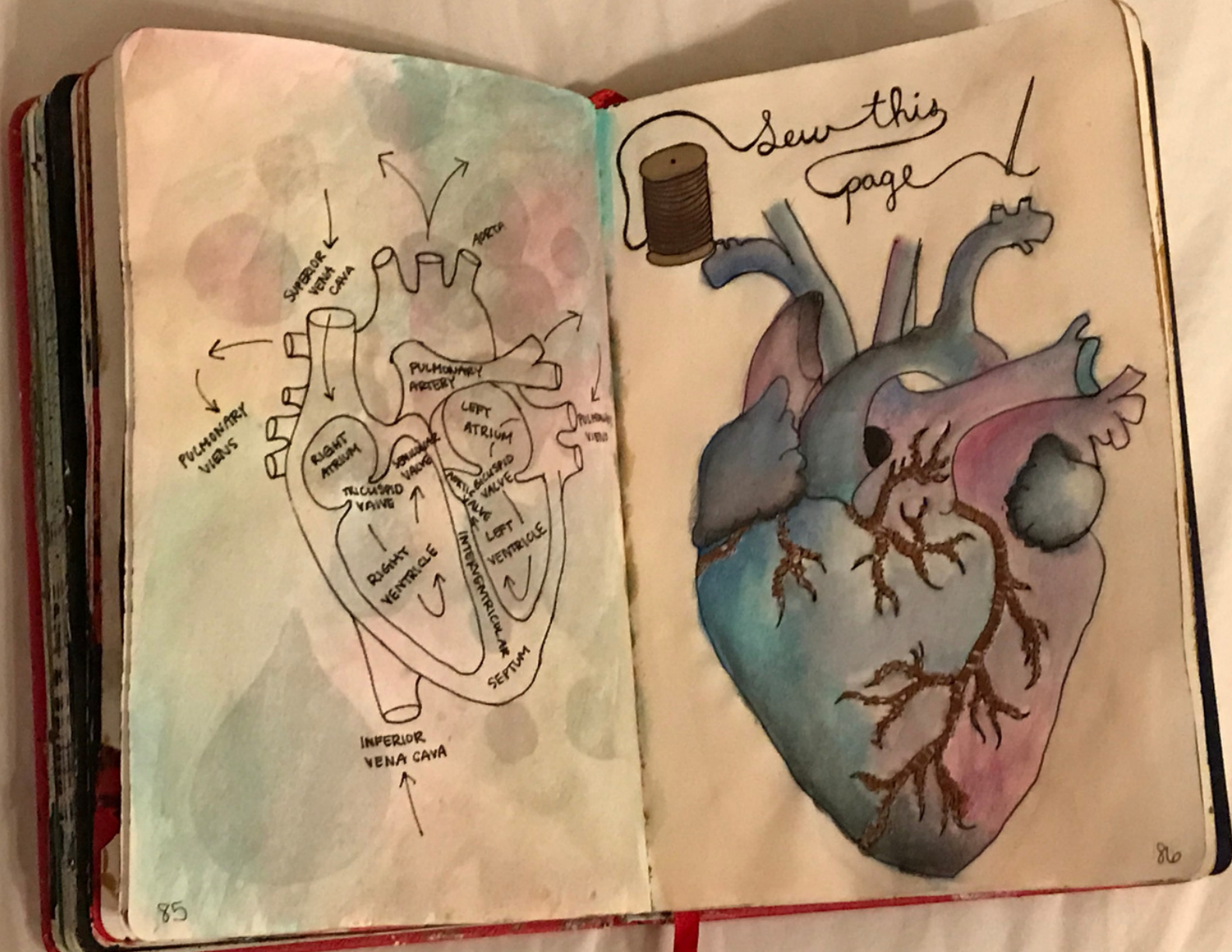
Keri Smith

An adaptation by Sarah Riggs

Keri Smith's "Wreck This Journal" is a book that has one purpose and one purpose alone: to be destroyed. Each page has individualized instructions on what it wants you to do, ranging from "Place sticky things here" to "Burn this page." The idea is that by destroying your journal, you are learning to let go of perfection and creating art in the process, while the art itself is destructive.

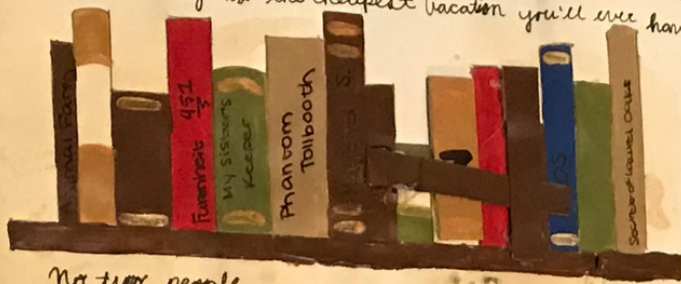
I chose to use pages from my personal Wreck This Journal as my Wildcard because it is symbolic and representative of the Taijiiu. To create is to destroy. Two forces that appear to be contradictory and opposing, like yin and yang, are actually complementary. To create is to destroy. To be creative is to be logical. To write colorfully is to explain analytically.

In my Wreck This Journal, I have several pages that capture the essence of what I explained in my Introductory Reflective Essay: that while I have always enjoyed art and pursued creativity, my mind forces structure. In my writing and art alike, I begin with a creative idea and support it with structure and realism.



I chose to include this page because it is visually representative of the Taijitu. The right side of this page is equated to my right brain, or my *yang* ideas. It is colorful and the veins on the heart are sewn into the page. The left side of this page is equated to my left brain, or my *yin* explanations. It takes the creative idea from the right and explains how the subject works and functions, just as my essays use structure to explain my unique ideas.

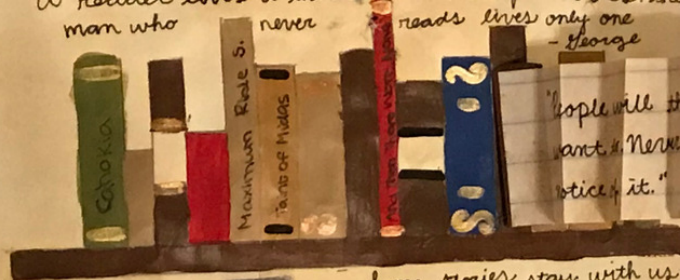
Reading is the cheapest vacation you'll ever have



No two people ever read the same book - Edmond Wilson



A reader lives a thousand lives before he dies. The man who never reads lives only one - George



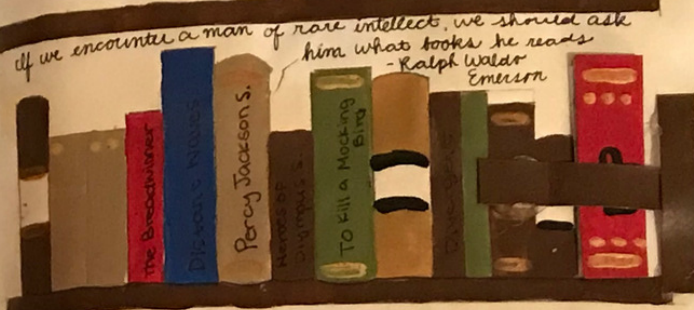
People will think what they want it. Never take too much notice of it. - Helt

Some stories stay with us forever



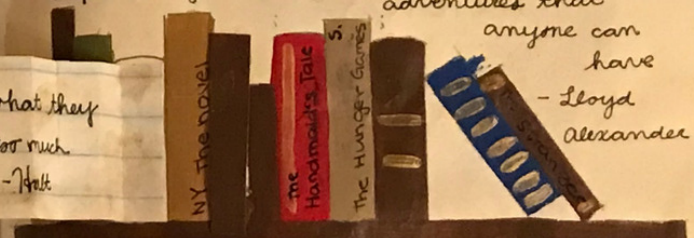
DRAW FAT LINES AND THIN

Reading forces you to be quiet in a world that no longer makes place for that - John Green

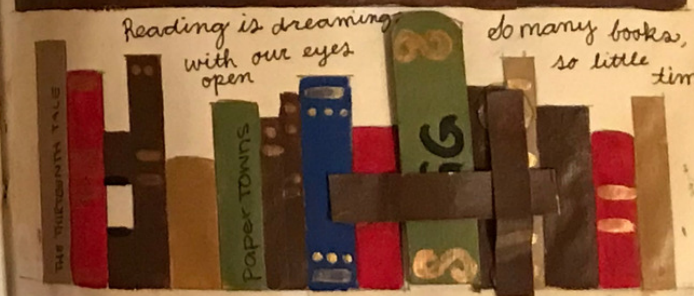


If we encounter a man of rare intellect, we should ask him what books he reads - Ralph Waldo Emerson

Keep reading. It's one of the most marvelous adventures that anyone can have - Lloyd Alexander

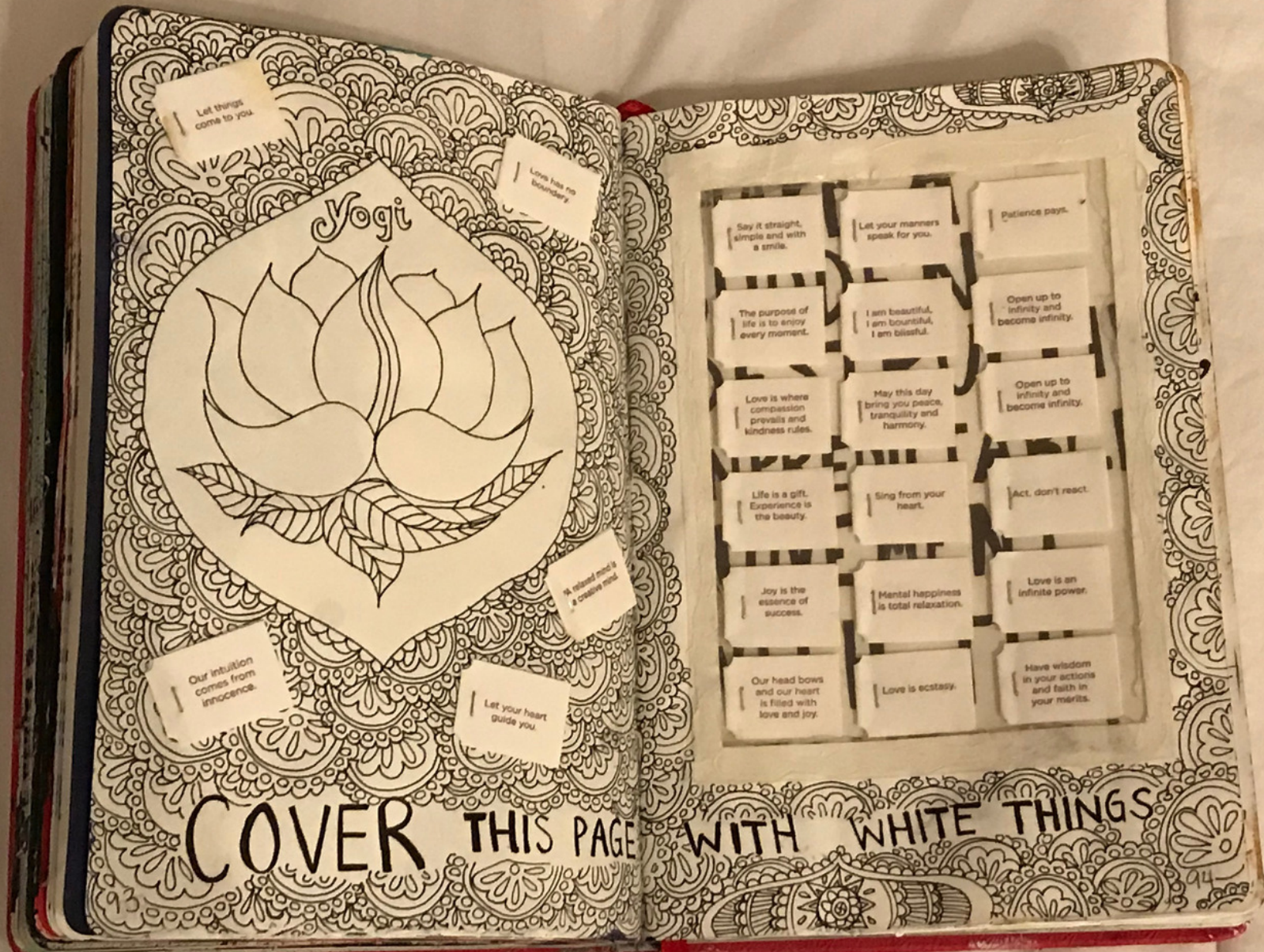


Reading is dreaming with our eyes open do many books, so little time



For this page, I chose to draw books that I've read in my lifetime as my "fat lines and thin." I chose this page because it is the opposite of the previous page: rather than beginning with a creative idea and adding structure, I began with a structured idea and added creativity.

The first step in creating this page was drawing out the bookshelves and novels using a ruler, similar to creating a base argument in a paper. Next, I filled in the individual books with paint; just like adding descriptive detail. My next step was to label books, akin to adding evidence and examples. Finally, I created an accordion-like addition to select novels containing a quote that opens up as if you're opening the book, similar to analyzing evidence from a unique perspective.



I chose this page because it feels balanced. It shows order in chaos; structure in creativity. There is an equal amount of *yin* in this design as there is *yang*.

This page is representative of the perfect essay: there is an equal balance of creativity and structure. While the design of the background is artistic and creative, it is clean and well formatted. While there are aligned and arranged tea tags on the right, there are unorganized tea tags on the left. The only colors used are white and black: activity and calm, or imagination and logic.

WRITE OR DRAW

MECHANICS

$$v_x = v_{x0} + a_x t$$

$$x = x_0 + v_{x0} t + \frac{1}{2} a_x t^2$$

$$v_x^2 = v_{x0}^2 + 2a_x(x - x_0)$$

$$\vec{a} = \frac{\Sigma \vec{F}}{m} = \vec{F}_{net}/m$$

$$|\vec{F}_f| \leq \mu |\vec{F}_n|$$

$$a_c = v^2/r$$

$$\vec{p} = m\vec{v}$$

$$\Delta \vec{p} = \vec{F} \Delta t$$

$$K = \frac{1}{2} m v^2$$

$$\Delta E = W = F_{||} d = F d \cos \theta$$

$$P = \Delta E / \Delta t$$

$$\theta = \theta_0 + \omega_0 t + \frac{1}{2} \alpha t^2$$

$$\omega = \omega_0 + \alpha t$$

$$x = A \cos(2\pi f t)$$

$$\vec{a} = \frac{\Sigma \vec{\tau}}{I} = \vec{\tau}_{net} / I$$

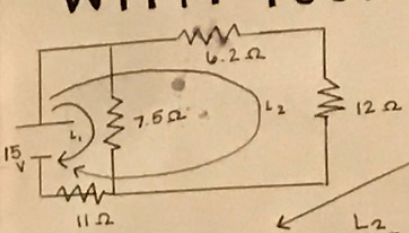
$$\tau = r_{\perp} F = r F \sin \theta$$

$$L = I \omega$$

$$\Delta L = \Sigma \tau \Delta t$$

- a = acceleration
- A = amplitude
- d = distance
- E = energy
- f = frequency
- F = force
- I = rotational inertia
- K = kinetic energy
- k = spring constant
- L = angular momentum
- l = length
- m = mass
- P = power
- p = momentum
- r = radius
- T = period
- t = time
- U = potential energy
- V = volume
- v = speed
- W = work done on a system
- x = position
- y = height
- \alpha = angular acceleration
- \mu = coefficient of friction
- \theta = angle
- \phi = phase
- \tau = torque
- \omega = angular speed
- K = \frac{1}{2} I \omega^2
- U_s = \frac{1}{2} k x^2
- T = \frac{2\pi m}{\mu} = 1/f
- I_s = 2\pi \sqrt{m/k}
- |\vec{F}_g| = G (m_1 m_2 / r^2)

WITH YOUR LEFT ~~HAND~~ BRAIN



$$0 = I_4 - I_3 - I_{1,2}$$

$$I_3 = I_4 - I_{1,2}$$

$$\frac{15 - 11(I_4)}{7.5} = I_4 - I_{1,2}$$

$$15 - 11(I_4) = 7.5(I_4) - 7.5(I_{1,2})$$

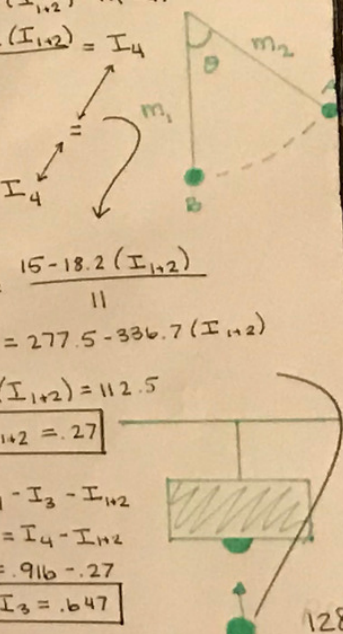
$$15 - 18.5(I_4) = -7.5(I_{1,2})$$

$$\frac{18.5(I_4)}{18.5} = \frac{7.5(I_{1,2}) + 15}{18.5} = I_{1,2}$$

$$I_{1,2} = .27$$

$$I_4 = .916$$

$$I_3 = I_4 - I_{1,2} = .916 - .27 = .647$$



This is one of my favorite pages in my entire journal. I chose to include this page because it shows my tendency to be driven by my logical and analytical side, even in my art.

This page originally instructs you to "Write or draw with your left hand." As you can see, I crossed out "hand" and wrote "brain." For this page, I went against the directions and looked at it from a unique perspective that has not been explored before. I see beauty in systems that work together flawlessly, and with this page, I saw an opportunity to express this perspective. I turned the abstract into something structured. Just like in my essays, I take ideas that are unprecedented, but well-supported, and by thinking creatively and abstractly in my essays, I am able to support a logical interpretation.