

Why this shared thoughts-notebook ?



My partner and I met in Iraq during a humanitarian mission. Three days after starting our relationship, I left him for a 2-weeks vacation. When I returned, we spent 3 weeks together before his mission ended. I still had 5 months left of my contract... We understood that this would be how our relationship would be.

Many years after, we have defined our rhythm. My partner worked months away followed by a few months at home while I'm leading my agency in France. We were used to living apart, so we developed and wrote our love story from these trials and tribulations: simple as that.

Then, suddenly, this pandemic outbreak. Our habits and points of reference collapsed. The progression of the outbreak, the lockdown, the closing of borders, the cancelling of flights... Each week, the date of his return was moved back later. For us we were used to the distance but with the added time and distance apart we knew we wanted to keep our lines of communication open and active.

As so many couples, we would like to preserve our relationship in spite of the distance. We would like to think to the next steps, when we will meet again. Really get to know each other despite the distance.

We were wondering how to maintain our contact in the daily life considering this context. How we could transform this experience into an opportunity of sharing and memories, like we would do it in a travel diary? How we could cope with this undetermined separation period to invent something that in the future we would use to remind us as a part of our couple story?

In this way, we have started our shared thoughts-notebook for ourselves. Then, we wanted to share with our friends also expatriates and who could live the same situation. Furthermore, we would like to share with more people, with all the lovers of the world who live far away from each other, and not just during this global lockdown.

I called Magali. She could transform my idea in an "object" and today we are so delighted to offer to you.

Emma,

Our love relationship cannot stay in lockdown and cannot know any borders.

Who are we ?



Emmanuelle **Osmose - la fabrique du vivre ensemble**

Usually we facilitate the link between neighbors, roommates, colleagues, residents to better cohabit. With this shared thoughts-notebook I widen my field a little.

Osmose values the habits, the uses, the needs of each other, so as to come together around a common project and build a collective. In this process we encourage free will and the commitment of people, each one responsible for what they put in the relationship.

We thus raise awareness of the principles of relational quality and social understanding.

You can find us on :
www.osmose-lafabrique.com



Magali **Gribouilli Street et communication digitale serene**

For the creation of this shared thoughts-notebook I chose to take my two caps, that of communication and that of illustration.

Why? Because communication is at the heart of this project. Exchanging, keeping in touch, building together even from a distance ... My digital communication profession is there for that. And why Gribouilli Street? Because it's a soft, colorful, positive universe that has its place in this process. This notebook, I imagined it, simple and benevolent so that it brings comfort to everyone.

You can find me on :
www.magalituffier.fr and
www.gribouillistreet.fr



Magali Tuffier
Communication digitale serene

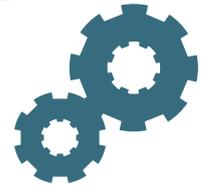
Thanks

Wink to the "tb2 team", thanks a lot to for your support and enthusiasm

This shared thoughts-notebook is a prototype. We would love to have your feedback. How do you use it? how do you appropriate it? What would you expect? We still have lots of ideas to develop it.

You can write us :
contact@osmose-lafabrique.com ou contact@magalituffier.fr

How to use your shared thoughts-notebook ?



You can download 4 files.

1

The first file "user instruction"

We explain the principles of this notebook.

2

The second file "cover page"

You will create your notebook. You can customize it with your names, the dates.

Then, we have imagined this shared thoughts-notebook in two steps

3

On a daily basis, one file "our diary"

Every day, 4 sections, each one of you fills on the top or the bottom of the page as you want.

We propose to you :

My mood > you can report your emotional state and your spirit of the day by using the image of the weather

E.g. I would like to say I have spent a good day, enthusiastic, but at the end of the afternoon I have started to be worried for something. I will write "today, it was sunny day, a few clouds arrived at the end of the afternoon"

My simple pleasures > you can report what you have particularly appreciated today, that provide you well-being, maybe what you make you smile

E.g. one hour of reading on the sunlight with a good book, two hours on the phone with my best friend, the birds' song in the trees this morning.

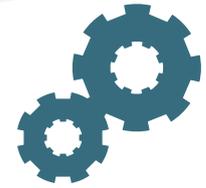
What I would like to share > something you would like to share, to offer to your darling

E.g. a book, a website, a quotation, a song, a joke, a picture, etc.

What I would like to say to you > few words for your darling.

In this way, each day, you will keep a memory of "these simple things of the life together". It will be temporal points of reference to help you to continue more optimist and relaxed. The last day of the week, you can complete with one page by free and creative expression. The week after, you can start a new file.

How to use your shared thoughts-notebook ?



4

Days after days, one file "list" to fill step by step, each time you have an idea.

We propose to imagine and to dream the future with 2 common and shared lists:

A to do-list > concrete and specific things, to be in movement

E.g. repaint our bedroom, carry out our photo album, go to the concert of our favourite music group

A wishes-list > ideas and projects which could make you happy to continue to build together

E.g. leave for a 3-months trip, move to a new house with garden, take singing lessons together

These lists will be the way to continue to think to joint projects which make your couple strong before meeting again.

How to share this notebook?

Each will adapt according to the technical means available.

You can print it, which allows you to write by hand, make collage, drawings, etc. Then each day you take a photo that you send to your lover. You can also make it a shared document (onedrive, teams, etc.) that you can complete and consult at your leisure.

When you find yourself, you can collect and print all your pages to make an album. The documents are laid out to make you a notebook of memories in A5 format by cutting out the pages and adding rings.

Your shared thoughts-notebook can join your photo albums, your travel guides, your beautiful books on your shelves.

Have fun.

