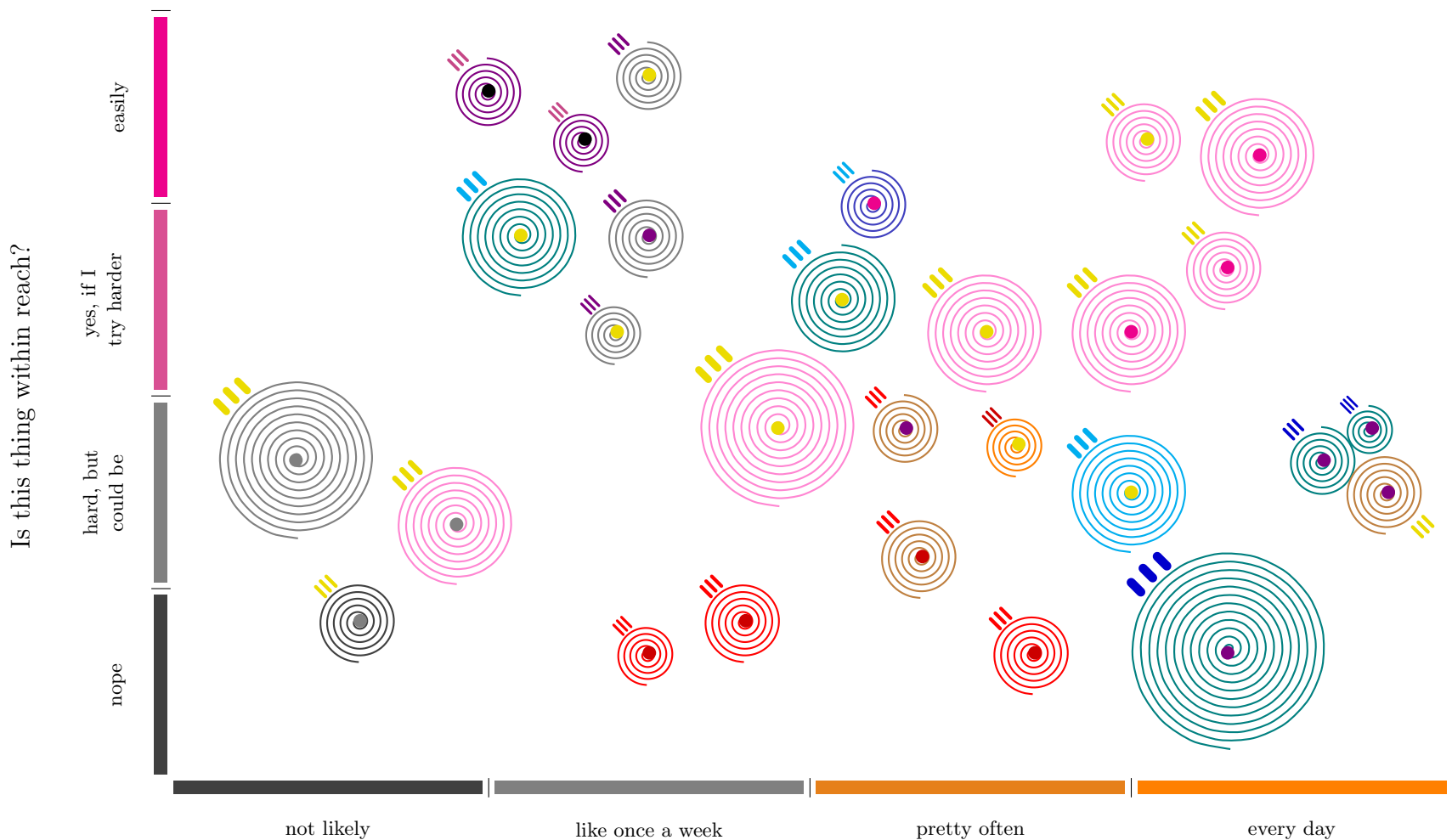


Dear Data, week 33: A Week of Envy – by Giorgia Lupi



How often does this happen on a regular week?

Who did I envy?

- boyfriend
- friend
- you
- coworker
- stranger
- famous person

Size of spiral:

degree of that feeling

What kind of envy?

- ⊗ having fewer responsibilities
- ⊗ having more free time
- ⊗ having clearer tasks to do
- ⊗ be more moderate / stable / balanced
- ⊗ being able to take things easier
- ⊗ being less of a control freak
- ⊗ be healthier (exercise, eat well)
- ⊗ English!! mastering the language/accent...
- ⊗ how I look/dress, elegance
- ⊗ Charm!

What does it teach me?

- ⋯ Sometimes I don't like parts of my job
- ⋯ I am a control freak!
- ⋯ I am indulgent
- ⋯ I am black or white
- ⋯ There are areas I really need to improve
- ⋯ I don't have to 'save' my cool dresses!! Just wear them!