

MY INTERNET JOURNAL - UTKU YANAZ



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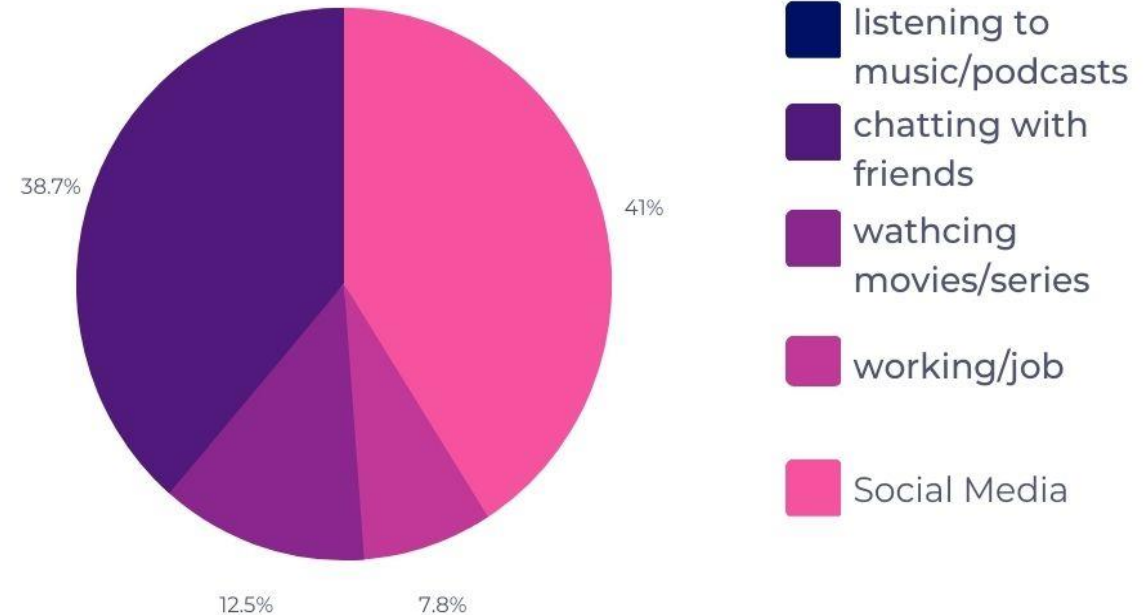


• September:

• The month our school started back again. I wasn't paying much attention to the school at the time so social media and gaming was a big part of my life. I was spending my time outside or on the computer so I didn't use any apps or stuff.

- social media 81h 18min
- working/job 0h
- watching movies/series 15h 53min
- chatting with friends 25h 20min
- listening to music/podcasts 77h 6min
- video games 56h 5min
- **71h 58min on Computer**
- **183h 5min on Mobile Phone**

I spent my time on:

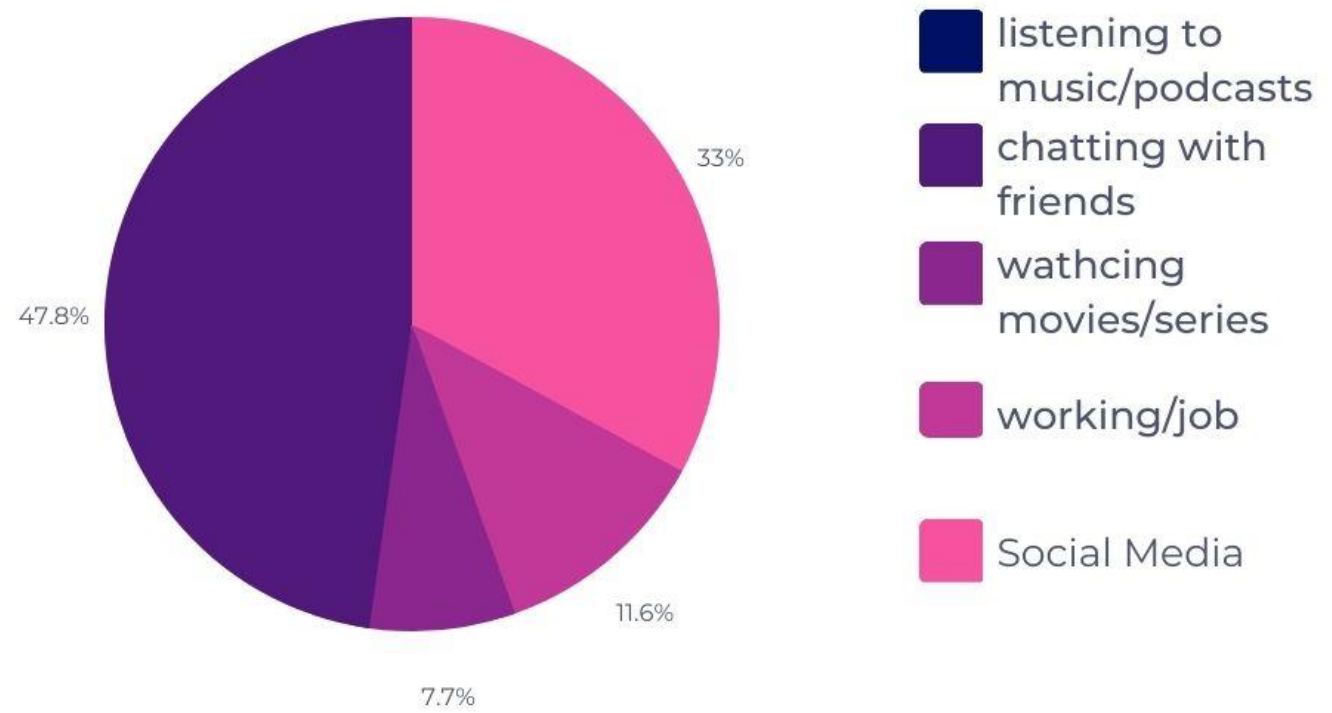


• October:

• In October I was still using social media too much no homework or anything. Also I was listening to a lot of music. At the same time I still was playing video games too much. I was watching a lot of videos on Youtube and listening podcasts. I was still trying to get used to going to school.

- social media 69h 38min
- working/job 0h
- watching movies/series 24h 28min
- chatting with friends 16h 5min
- listening to music/podcasts 100h
- video games 96h 53min
- **121h 21min on Computer**
- **185h 3min on Mobile Phone**

I spent my time on:

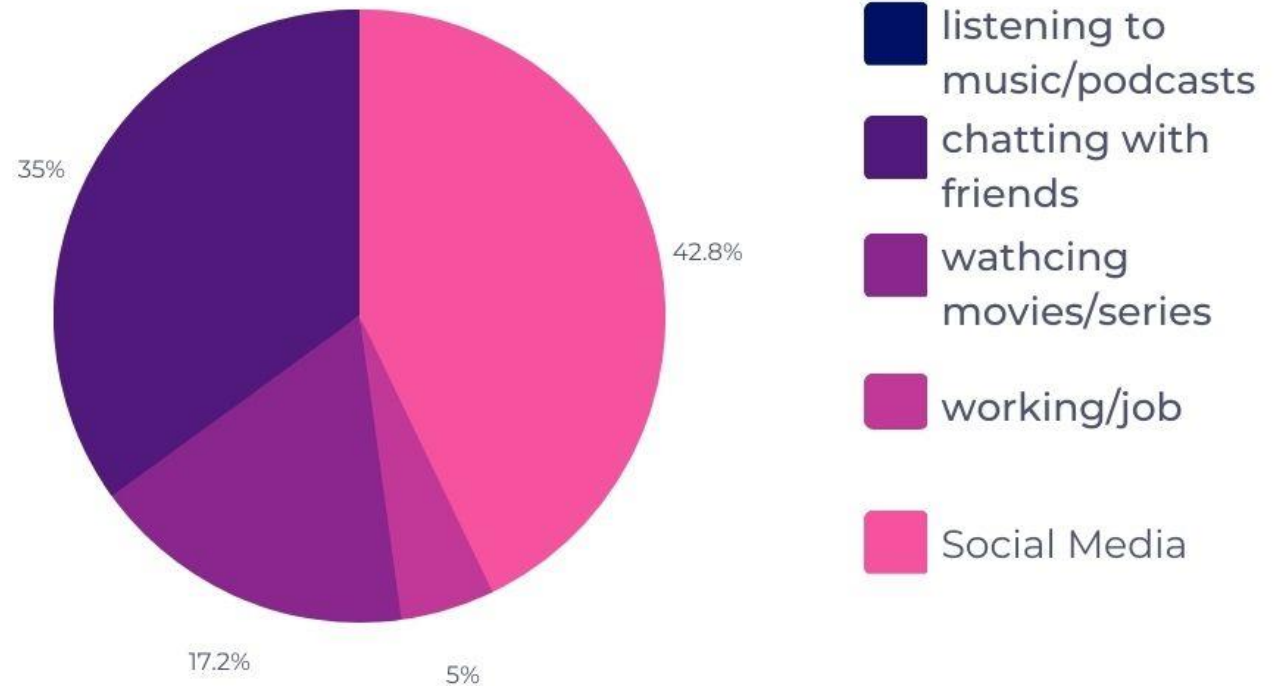


• November:

• I started using my technological devices much less than the other months. Also started spending more time outside with my friends. I was using my phone a lot and when I was scrolling down on for you page I saw an app called "**CapCut**" and it helped me edit videos and stuff it was fun I'm still using it.

- social media 59h 1min
- working/job 0h
- watching movies/series 7h 26min
- chatting with friends 24h 13min
- listening to music/podcasts 48h 26min
- video games 42h 35min
- **49h 21min on Computer**
- **131h 10min on Mobile Phone**

I spent my time on:

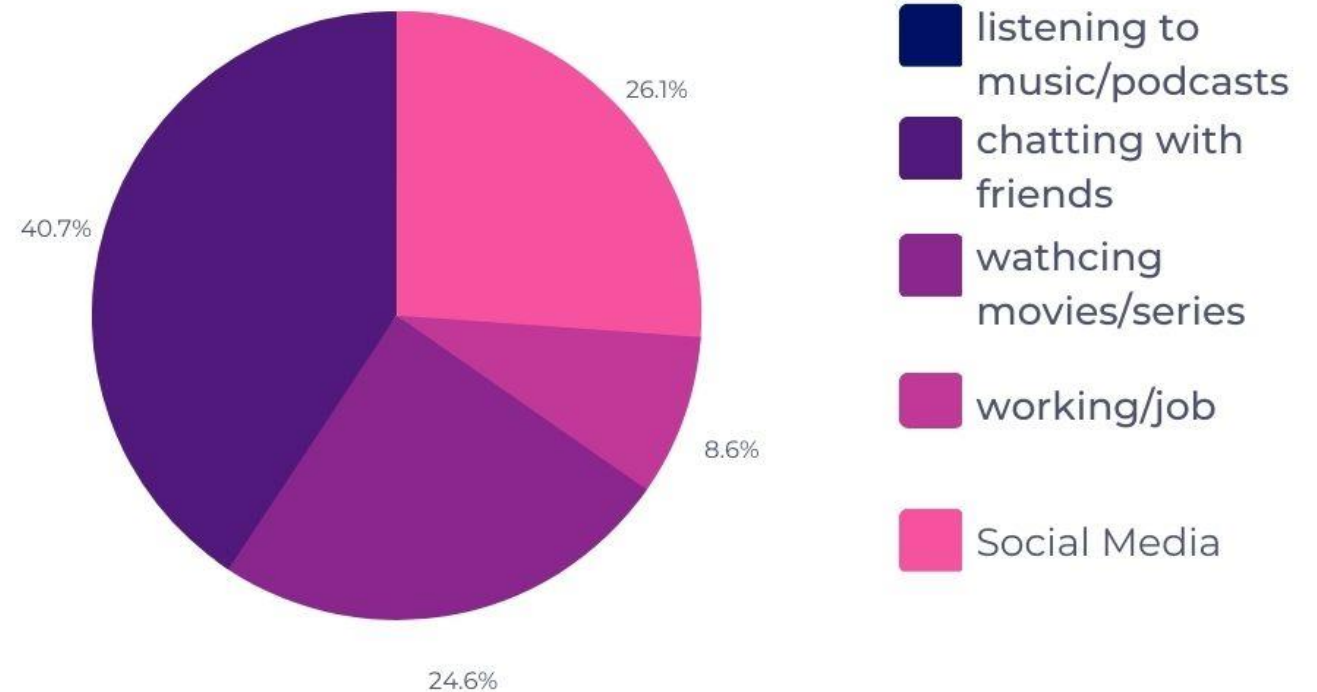


• December:

• Last month of the year was a little different for me. I met some people and talked to them a lot on Whatsapp or Instagram so chatting is a little higher on the chart compared to other months. I was still spending time outside with my friends like last month. Me and my friends found some games on "**Kahoot**" and we played them we had a lot of fun.

- social media 33h 38min
- working/job 0h
- watching movies/series 1h 10min
- chatting with friends 31h 46min
- listening to music/podcasts 52h 38min
- video games 67h 25min
- **78h 18min on Computer**
- **117h 12min on Mobile Phone**

I spent my time on:

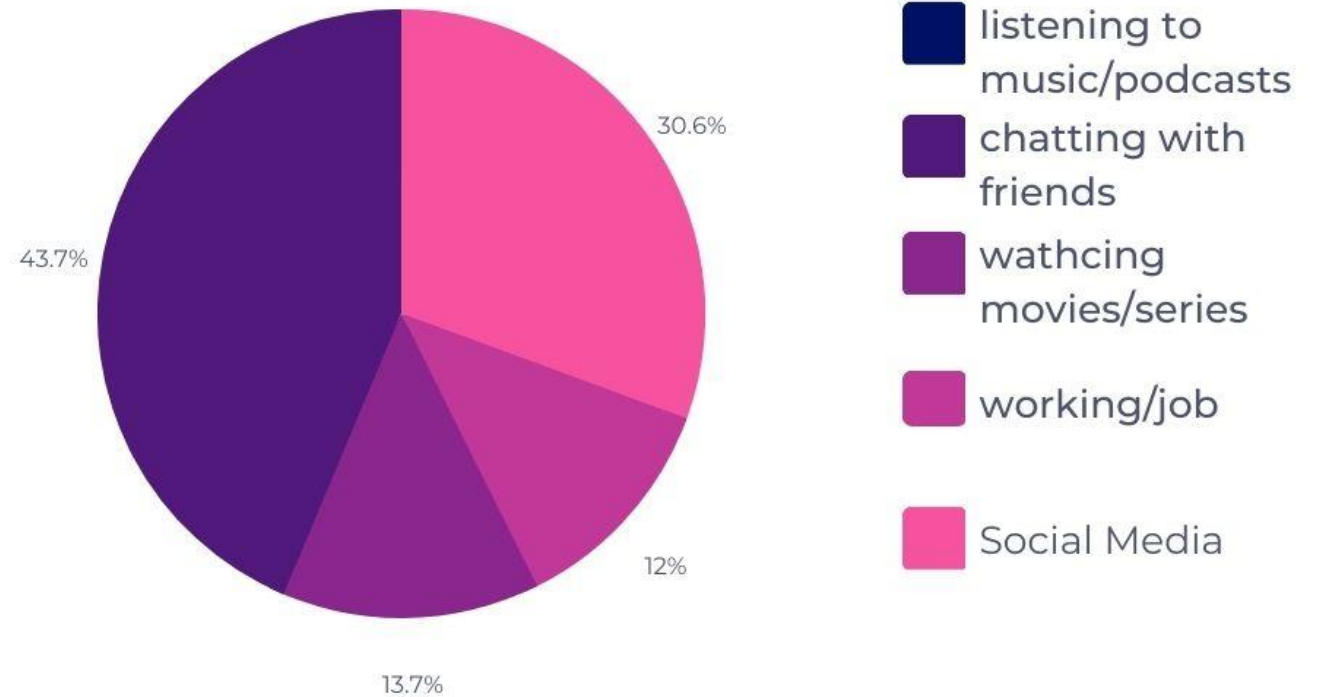


• January:

• In the first month of the new year I thought to myself that I should change some stuff in my life so I started using social media for more useful things like looking for a job. I spent most of my time on Youtube looking for an online job. I found a job where you can earn an income by writing articles and I used "ChatGPT" to write the articles. The app writes the articles for you and then you translate it after that send it to the employer to get you money.

- social media 41h 3min
- working/job 0h
- watching movies/series 16h 15min
- chatting with friends 18h 4min
- listening to music/podcasts 58h 56min
- video games 24h 20min
- **40h 35min on Computer**
- **118h on Mobile Phone**

I spent my time on:

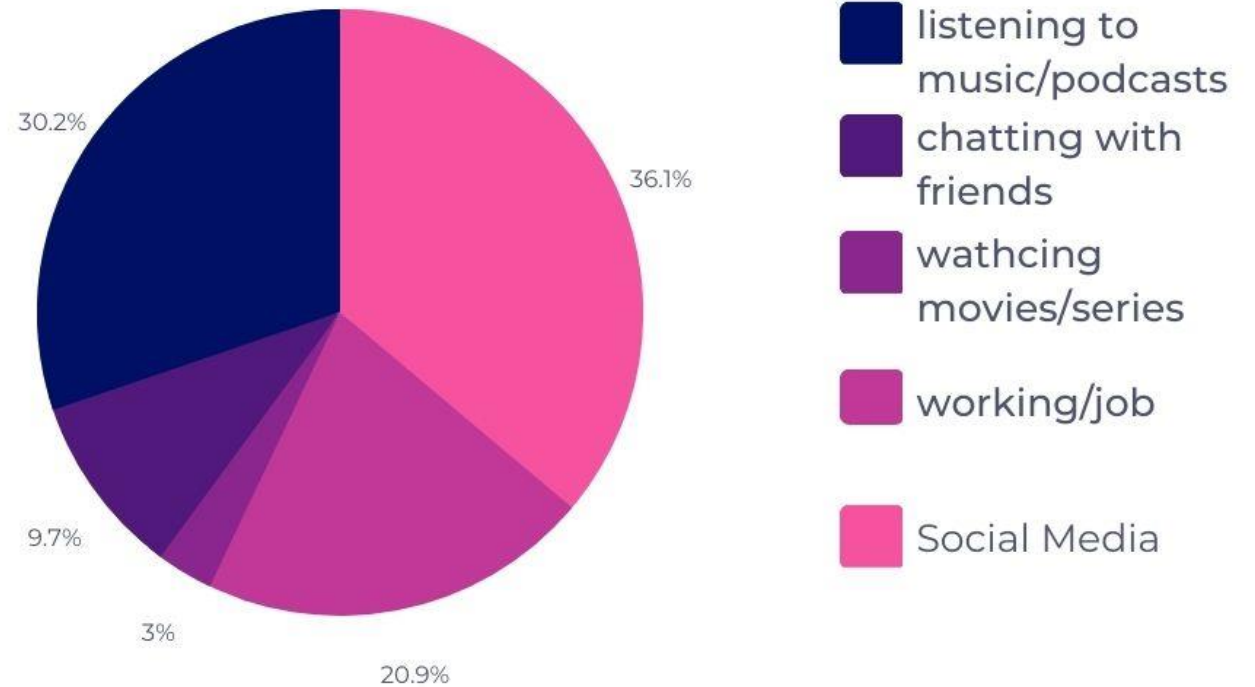


• February:

• In February I found a job that could help me save some money. I started looking for it and I tried to learn how to do it. I used three apps a lot in February. One of them is called "**Canva**" and it is an application that you can make logos for free and also you can download it to use it. The second one is not that known and I only use it for my job but the name of the application is "**Shopify**". And the third one is of course Youtube Because I still was learning about my job and I was watching videos about it.

- social media 49h 10min
- working/job 28h 46min
- watching movies/series 4h 10min
- chatting with friends 13h 18min
- listening to music/podcasts 43h 11min
- video games 19h 6min
- **52h 3min on Computer**
- **103h 33min on Mobile Phone**

I spent my time on:



• March:

• March was a life changer for me. I met new friends from Poland, Macedonia and Portugal. I had an amazing week but the part that changed my life was that I was getting rich because of my job. I used "Canva" lots of times for my brand logos. I used "Shopify" as well for my online store. And I also used "CapCut" for my brand advertising videos.

- social media 72h 1min
- working/job 56h
- watching movies/series 15h 53min
- chatting with friends 24h 8min
- listening to music/podcasts 66h 18min
- video games 9h 30min
- **81h 23min on Computer**
- **163h on Mobile Phone**

Monthly

