Note Taking Exercise:

Part 1:

Go Outside for about an hour. You can do whatever you want outside, go for a walk, garden, play with your kids, hang out with family. While you are outside, make sure you are taking notes about everything around. What people are saying, wearing, their facial expressions. Also, what do you see? You can imagine that if you went for a walk, there should be a lot of things you can write notes about.

Part 2:

Organize your notes according to Place, Person and Time. Imagine that one of the areas you went was a crime scene, what would be important in your notes?

Write a summary of the important parts of your notes.