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Ways of thinking (ADAD4018)
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Task 1 – Manifesto Writing
Task 2 – Observational Writing
Task 3 – Design Writing

Manifesto Writing Task

1. I always have fun and see the fun and positive side of every situation. There is always a lesson to be learnt even in the worst of days.
2. I will wake up, make my bed and try my hardest every day. But I won't beat myself if sometimes I have an unproductive day. Eating pot noodles & binge-watching Louis Theroux.
3. I love, cherish and am grateful for the people I have around me every day, and they know it too. I never want to make the mistake of only realising what I had until it's gone.
4. I understand that some people in my life are here to stay, some to teach me a lesson, to be a shoulder to cry on, and some to grow and have fun with. And some people are simply just passing through.
5. Nothing in life is permanent, and it shouldn't be either. Some things, no matter how much I love them and want them to last forever, don't. And aren't meant to either.
6. Agree or disagree, love or hate them, everyone has lived a different life to mine, and had their personality and beliefs shaped by their own life and experiences. I must understand that.
7. I believe in myself, no matter what. And never undermine or talk badly about me.
8. I will live my life as though when it comes to an end, I will watch a video tape of how my life could have been had followed my gut, worked hard, loved and cared harder. Took risks, followed my own happiness and believed in myself along the way. Not get caught up in my mistakes and sometimes had that one drink too many. And I want my life to be the same as the video tape.

Many of my beliefs are positive, fun with a strong presence on a young adult. If I had done this task a year ago, I am sure it would have been very different, but hopefully, some of my stronger beliefs and traits staying true. Just as if I was asked to do it in a year, I am sure I would have more knowledge on my life, myself, and my personality as it is an overgrowing and ever-changing thing. Many of my points in my manifesto I believe I have learned only in the past year, starting a new job, making a lot of new friends, and meeting loads of new and different people. Going through a global pandemic, starting university, losing family members, and learning a lot of life's tough lessons by myself. However, I feel I have reacted to many of the worst situations as best as I could, learning as I go on. - Might cut due to word count.

The three points I find most important to follow and are true to myself and this current time are 1. I always have fun and see the fun and positive side of every situation. There is always a lesson to be learned even on the worst of days. 2. I will wake up, make my bed, and try my hardest every day. But I won't beat myself if sometimes I have an unproductive day. Eating pot noodles & binge-watching Louis Theroux. 3. I believe in myself, no matter what. And never undermine or talk badly about me.

Onto my first statement, which is number one in my manifesto. I believe finding the positive in every situation no matter how bad helps you mentally recognise the good and the bad in most scenarios, as well as developing the skill to not get too caught up on the negatives and the failure. If you can

pick out something positive you can overcome your bad day, mood, or situation a lot easier as your focus is on the right place. I am a firm believer in PMA 'Positive Mental Attitude', which first started at ballet. "Positive mental attitude is the philosophy that having an optimistic disposition in every situation in one's life attracts positive changes and increases achievement. Adherents employ a state of mind that continues to seek, find, and execute ways to win, or find a desirable outcome, regardless of the circumstances."¹ It was something that our ballet teacher said was most important whilst we were learning, and she was right. Many times, I've given up or told myself I won't be able to do something before I've even tried, and I don't know what opportunity this has taken away already.

My next statement is number 2. "If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another."² Since I started making my bed each day, I have noticed a considerable change. It gets me up and ready, stops me from getting back into bed and being late, and it's great to come home to a tidy room and a made bed. And as stated, it means I have accomplished my first task of the day.

My final statement is number 7. "Successful people are determined to make the situation work for them rather than playing the role of the victim and searching for reasons why a situation won't work."³ Therefore it is so important that no matter what, I believe in myself. The only person that can achieve the things I want for myself in my life, and ensure my happiness is myself. It's no one else's job and it's important that I remember that.

Reference List

- [2] Amalia Home Collection. (2018). Why is it important to make your Bed | Amalia Home Collection. [online] Available at: <https://amaliahomecollection.com/why-is-it-important-to-make-your-bed/>.
- [3] <https://www.facebook.com/jamesclear> and Clear, J. (2012). Believe in Yourself (And Why Nothing Will Work If You Don't...). [online] James Clear. Available at: <https://jamesclear.com/nothing-will-work-if-you-dont-believe-in-it> [Accessed 12 Nov. 2019].
- [1] PMA (2020). The Definition of a Positive Mental Attitude. [online] Hospitality Search International. Available at: <https://hospitalitysearch.co.uk/the-definition-of-a-positive-mental-attitude/>.

Observational Writing

I have chosen the poster for the film 'Burlesque'. It's a film where Christina Aguilera plays the role of Ally, a young girl who becomes 'the next big thing' at a burlesque show.

The most noticeable and eye-catching colour in this film poster is gold. This colour strongly signifies "extravagance, wealth, riches, and excess."¹ Gold is also a strong signifier to "sparkle, glitz, and glamour"². Which correlates heavily to the theme of the movie. The movie is filled with glittery shoes, expensive bags, diamantes & rhinestones. And the gold is a hint to all the 'bling' in the film.

Another colour which appears at the lower middle meeting the Film name 'Burlesque'. The red that is shown is the vibrant colour of the extravagant velvet red stage curtains. "Red is the colour most associated with courage."³ This is relevant as courage is a very strong theme in the film as the main character 'Ali' is known to be a very courageous character. "Red by a large margin is the colour most associated with seduction, sexuality, eroticism".⁴ Therefore, the colour red is used on the film poster and heavily in the film. The film's plot is about a young burlesque dancer whose career thrives off her sex appeal, dances, and her beauty.

The mentor of the protagonist is also shown on the poster, 'Tess' played by Cher. You can immediately see that she plays an authoritative role, her hands on her hips show her confidence and dominance. She is shown wearing a black 'power suit'. This signifies a lot about her as the colour black signifies "authority, strength, and sophistication"⁵. And her rebellious, elegant, and mysterious personality. The element of glitz & glamour is shown here again by her sequined top, and jewellery.

In contrast, the main character 'Ali' is shown stood right next to her wearing a dimante'd to pearl corset. The pearl corset has been used as it "often represents a successful beginning"⁶ which is a clear strong theme in the film as Ali starts a new job and has a thriving and successful career out of it. The pearly white also symbolises youth, innocence, and purity which is how the character is portrayed in the film.

Facial expressions are a massive hint toward the character's personality in the film. 'Tess' played by Cher has a smirk on her. During the film, she is known to 'push her luck and get away with it'. Her smirk symbolises the cheekiness but also the reassuring confidence of her role. Next to her is the character 'Ali' who has a big smile on her face and her arms in the air. This shows her youth, cheerfulness, and all-around happy and loved character in the film. Using an exited smile on the poster will attract the viewer/ buyer as she is instantly warm, friendly, and likable. Four men are also shown mid-air dancing in the background. This shows that the film is full of dance, energy, and fun which also attracts the eye.

Reference List

[3],[4] <http://facebook.com/jenniferbourn> (2016a). Meaning of the Color Black |. [online] Bourn Creative. Available at: <https://www.bourncreative.com/meaning-of-the-color-black/>.

[1],[2] <http://facebook.com/jenniferbourn> (2016b). Meaning of The Color Gold |. [online] Bourn Creative. Available at: <https://www.bourncreative.com/meaning-of-the-color-gold/>.

[5],[6] <http://facebook.com/jenniferbourn> (2016c). Meaning of The Color White |. [online] Bourn Creative. Available at: <https://www.bourncreative.com/meaning-of-the-color-white/>.

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Word – Perseverance



Perseverance is “[continued effort](#) and [determination](#)”¹ throughout work, life or any situation where obstacles arise”, “quality of continuing with something [even](#) though it is [difficult](#)”². I have chosen this word as I believe it is a key element to success in any form and a trait that I consider myself to have, or at least am starting to gain.

My chosen meaningful object is a pair of satin ballet Pointe shoes. These shoes are handmade, sewn, glued, and shaped carefully by a maker. Pointe shoes are shoes that ballet dancers wear when performing pointe work or pointe bar exercises. They were designed to give the ballet dancer a “weightless and [sylph](#)-like”³ look. They can be made in many different colours, depending on the occasion but are mainly crafted in shades of light pink. They were first created in 1795 and are worn by female ballet dancers. Most prima ballerinas start ballet from a very young age, dedicating hours of their life to it, and working endlessly to work up through the ballet grades. When a ballet dancer reaches a certain grade and has the correct needed strength physically, they begin training for their pointe shoes.

These shoes are created with a 'box' at the front of the shoe that protects the dancer's toes and the 'shank' that is at the sole of the shoe to create support for the dancer's foot. Each dancer's pointe shoes are unique to them, when you receive your pointe shoes you must hand sew on your ribbons and customise them yourself to fit your feet comfortably. Even after hours of training, pointe shoes can be very painful to wear due to all your body weight being on the tip of your big toe. However, despite the pain, a ballerina's skill is to persevere through the pain and make it look effortless and painless whilst remaining focused, elegant, and beautiful.

My connection to perseverance and the ballet shoe is my own experience. I have been ballet dancing since I was young and have only stopped lessons due to moving away to university. Ballet played a massive role in my life as it taught me about my beauty and feeling of beauty whilst dancing. I became a strong dancer and physically healthy and discovered many things about persevering through the pain. This has taught me how to persevere through many occasions in my life. When it comes to my work, I relate the beauty and effortlessness to my ballet shoes. And even when I thought I didn't have the strength to get up, if I persevered and had the confidence to try, I would always go up. Which is a great attribute to apply to my work.

Reference list

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- [3] Wikipedia Contributors (2019). Pointe shoe. [online] Wikipedia. Available at: https://en.wikipedia.org/wiki/Pointe_shoe.