

One Second Every Day

Part 1

... So the first of those projects ended up being something I called “One Second Every Day.” Basically, I’m recording one second of every day of my life for the rest of my life, chronologically compiling these one-second, tiny slices of my life into one single continuous video until, you know, I can’t record them anymore.

The purpose of this project is, one: I hate not remembering things that I’ve done in the past. There’s all these things that I’ve done with my life that I have no recollection of unless someone **brings it up**¹, and sometimes I think, “Oh yeah. That’s something that I did.” And something that I realized early on in the project was that if I wasn’t doing anything interesting, I would probably forget to record the video. So the day—the first time that I forgot, it really hurt me because it’s something that I really wanted to—from the moment that I turned 30, I wanted to keep this project going until forever, and having missed that one second, I realized it just kind of **created this thing in my head**² where I never forgot ever again.

So if I live to see 80 years of age, I’m going to have a five-hour video that **encapsulates**³ 50 years of my life. When I

turn 40, I’ll have a one-hour video that includes just my 30s. This has really **invigorated**⁴ me **day-to-day**⁵, when I wake up, to try and do something interesting with my day.

Now, one of the things that I **have issues with**⁶ is that as the days and weeks and months go by, time just seems to start blurring and blending into each other and, you know, I hated that, and visualization is the way to trigger memory. You know, this project for me is a way for me to **bridge that gap**⁷ and remember everything that I’ve done. Even just this one second allows me to remember everything else I did that one day. It’s difficult, sometimes, to pick that one second. On a good day, I’ll have maybe three or four seconds that I really want to choose, but I’ll just have to **narrow it down**⁸ to one, but even narrowing it down to that one allows me to remember the other three anyway.

Part 2

... One of the reasons that I took my year off was to spend more time with my family, and this really tragic thing happened where my sister-in-law, her **intestine suddenly strangled**⁹ one day, and we took her to the **emergency room**¹⁰, and she was, she was **in really bad shape**¹¹. **We almost lost her**¹² a

¹ If someone “brings something up,” they mention it.

² When he says “created this thing in my head,” Kuriyama is explaining that making that mistake created a permanent reminder for him to never forget again.

³ If something “encapsulates” something, it represents its most important aspects in a single event, object, or action.

⁴ If you feel “invigorated,” you feel more energetic.

⁵ A synonym for “day-to-day” is daily.

⁶ When you “have issues with” something, it bothers you. The noun “issue” is often used as a euphemism for “problem.”

⁷ To “bridge the gap” means to create a link between two disparate ideas or opinions. For Kuriyama, the gap that he is referring to is between his inability to remember details of his life and the fact that visual aids help us remember.

⁸ To “narrow it down” refers to the act of reducing the number of choices among many options.

⁹ Intestinal strangulation is the cutting off of the blood supply to the intestine.

¹⁰ The “emergency room” is the part of a hospital where people with sudden and severe medical ailments go. For example, patients in an ambulance are usually taken directly to the emergency room.

¹¹ If you are “in really bad shape,” you are very ill.

couple of times, and I was there with my brother every day. It helped me realize something else during this project, is that recording that one second on a really bad day is extremely difficult. **It's not—we tend¹³** to take our cameras out when we're doing awesome things. Or we're, "Oh, yeah, this party, let me take a picture." But we rarely do that when we're having a bad day, and something horrible is happening. And I found that it's actually been very, very important to record even just that one second of a really bad moment. It really helps you appreciate the good times. It's not always a good day, so when you have a bad one, I think it's important to remember it, just as much as it is important to remember the [good] days.

Now one of the things that I do is, I don't use any filters, I don't use anything to—I try to capture the moment as much as possible as the way that I saw it with my own eyes. I started a rule of first-person perspective. Early on, I think I had a couple of videos where you would see me in it, but I realized that wasn't **the way to go¹⁴**. The way to really remember what I saw was to record it as I actually saw it.

Now, **a couple of things that I have in my head¹⁵** about this project are, wouldn't it be interesting if thousands of people were doing this? I turned 31 last week, **which is there¹⁶**. I think it would be interesting to see what everyone did with a project like this. I think everyone would have a different interpretation of it. I think everyone would benefit from just having that one second to remember every day. Personally, I'm tired of forgetting, and this is a really easy thing to do. I mean, we all have HD-capable cameras in our pockets right now—most people in this room, I bet—and it's something that's—I never want to forget another day that I've ever lived, and this is my way of doing that, and it'd be really interesting also to see, if you could just type in on a website, "June 18, 2018," and you would just see a stream of people's lives on that particular day from all over the world.

And I don't know, I think this project has a lot of possibilities, and I encourage you all to record just **a small snippet¹⁷** of your life every day so you can never forget that that day you lived.

Thank you.

This is an edited version of Kuriyama's 2012 TED Talk. To watch the full talk, visit TED.com.

¹² When Kuriyama says "We almost lost her," he is explaining that his sister-in-law almost died. When talking about the death of a loved one, the verb "lose" is commonly used to be more indirect.

¹³ Note that here Kuriyama starts his sentence in one way and then changes his mind and uses other language. This is a common feature of authentic spoken language.

¹⁴ Here "the way to go" means the right thing to do.

¹⁵ Kuriyama uses the term "things" often instead of being specific. In this case, "things in my head" refers to his thoughts and ideas.

¹⁶ When he says "which is there," Kuriyama is showing the audience a one-second image of his birthday.

¹⁷ Some synonyms for "snippet" include "fragment" and "piece."