

Aesthetic

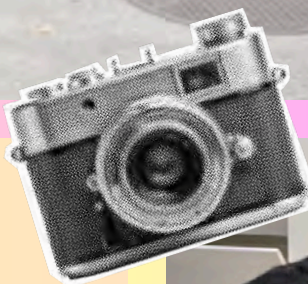


# My Life with Technology

by Chilotam Ojukwu



Healthy



Stay  
inspired.  
Never stop  
creating.







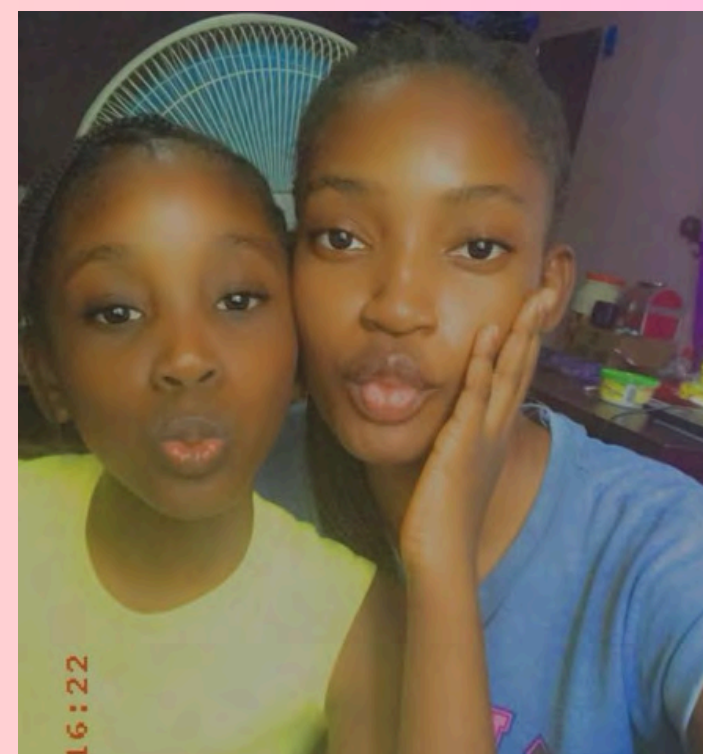
I have an optimistic view on technology because I come from a country where people's lives are stunted due to a lack of technology advancements. To me, it's a blessing! Here's an overview on *My Life with Technology*.

by Chilotam Ojukwu



These photos were taken in April 2020 at the peak of the pandemic. I credit Snapchat, a social media app, for preserving this picture of me and my niece and mum for me. Technology like this is so important to me as an international student because it helps me stay digitally in touch with my family.

by Chilotam Ojukwu



**FAMILY**  
**is**  
**FOREVER**







## My Life and Identity

This is a combination of thumbnails that I created for my YouTube channel. Part of my identity as a YouTuber is shaped by this technology because I can film, edit and upload vlogs to the internet for people all over the world to watch.

by Chilotam Ojukwu





# \* my \* \* DAILY \* ROUTINE

As a HUGE fitness enthusiast, I'm grateful for the technology to workout at the gym on the days when I don't feel like lifting free weights. The technology at the gym (machines) helps me with cardio, weight lifting and body building. My phone alarm also wakes me up every morning so I don't skip the gym by oversleeping.

by Chilotam Ojukwu



A picture (video screenshot) of me front squatting at the gym.



A picture of me after a successful gym session.



A picture of me doing cardio on the stair master at the gym.



The USA is a huge country and I don't think I'd be able to see my best friend often if not for air travel. She lives in Texas, I live in Missouri. We've been BFFs for 18 years since childhood (6 & 7 years old) and technology has helped me stay in touch with her over the years before I moved to America through Facetime, sharing reels and flying to Texas

by Chilotam Ojukwu

# Best Friends FOREVER

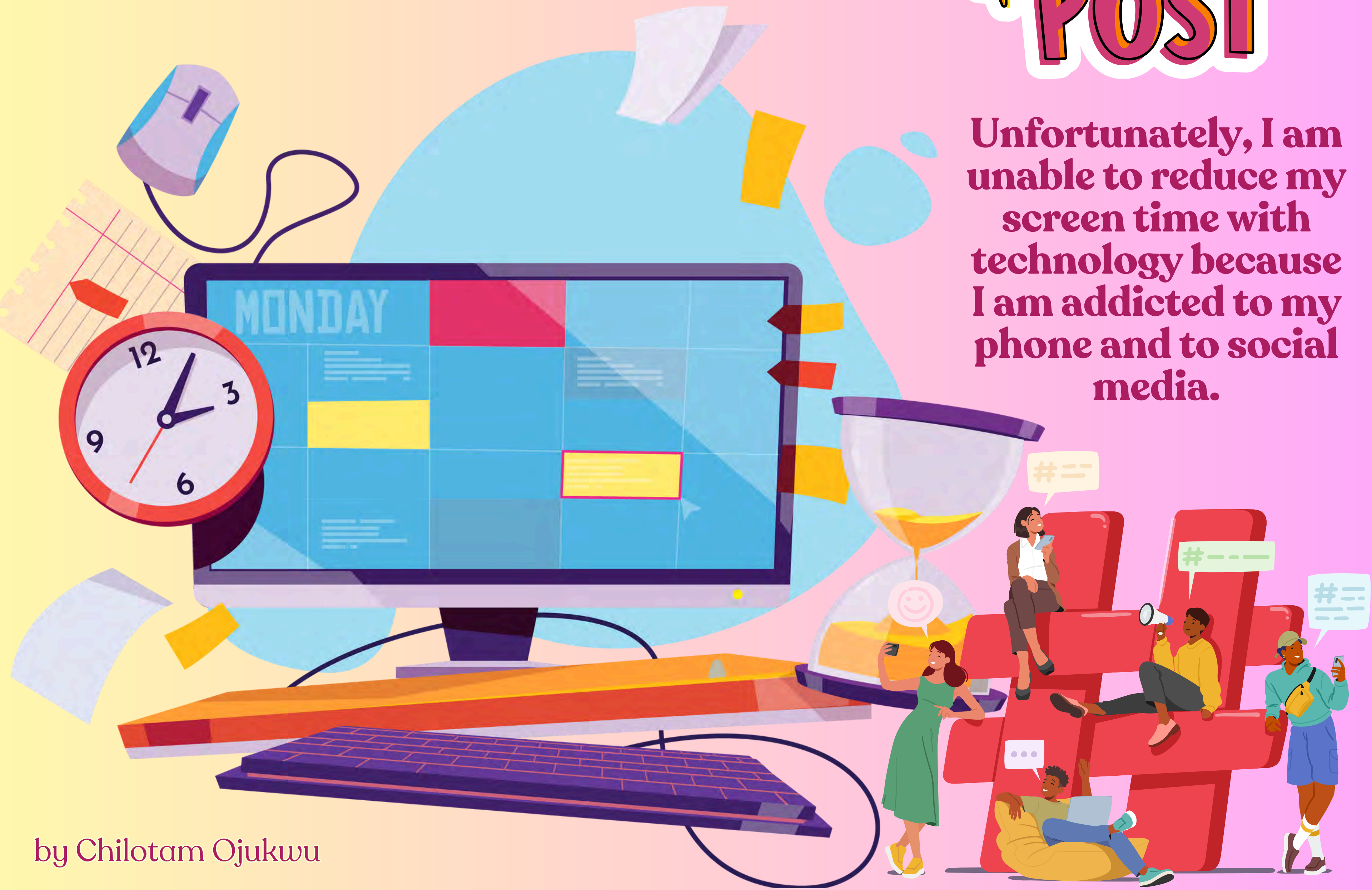




# Screen Time

**NEW** ✨  
✨ **POST**

Unfortunately, I am unable to reduce my screen time with technology because I am addicted to my phone and to social media.



Coming from Nigeria, technology excites me so much because there's a stark difference between living in a developing country with little to no internet, and living in a country that is technologically advanced.

I love technology and I have some hope that as long as humans exist, there will be a way to mitigate the risks that it poses to us. Thanks for reading!

*t h E E N d !*

by Chilotam Ojukwu