

I WANT TO BE BLUE

How LIAM quantifies my life

Tahl Milburn

June 2015

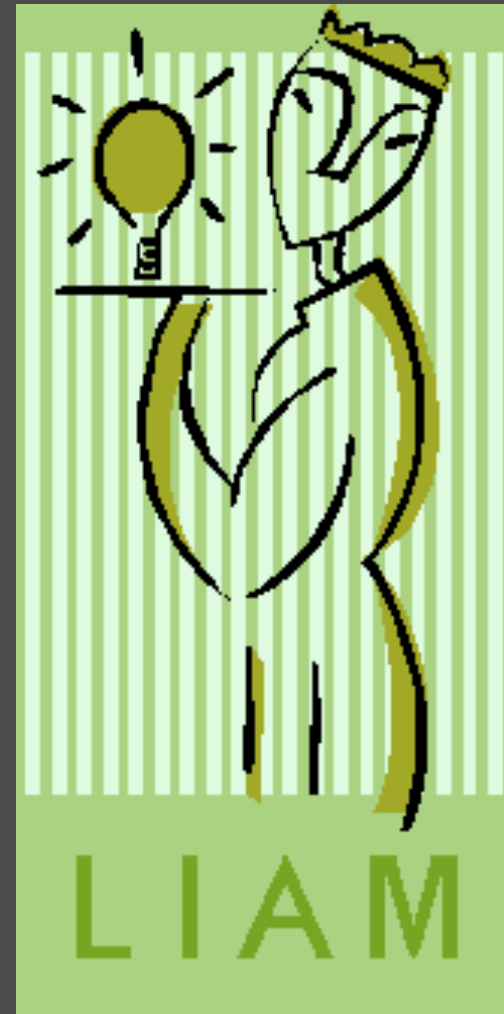
Quantified Self 15 Conference

“The future is here today, it’s just not evenly distributed.”

--*William Gibson*

My name is
Tahl Milburn
(biz@tahl.net)

I'm the creator of LIAM,
the "Life Automation"
system



LIAM has three components

- ◎ LifeState™ - Levels of summary of the state of my life – **the focus for today**
- ◎ LifeConsole™ - Tools for planning & controlling aspects of my life (e.g., home automation)
- ◎ LifeChronicle™ - A rich, sequential record of my life

Life is good when I'm blue

That's because when my LifeColor is blue, my LifeScore is 97 or above

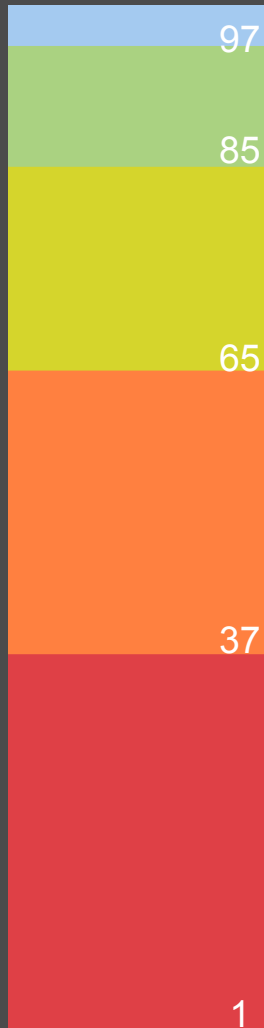
LifeColor is shown on ambient devices



OrbNext at primary locations

Blink(1) at computers

LIAM automatically scores my life



That single LifeScore is, in turn, *automatically* calculated from the weighted scoring of LifeState categories

LifeState categories start with the physical...

1. **Environment** – My current location, ambient conditions, entertainment
2. **Physical self** – Weight, activity, sleep, age

...and include the functional

1. **Environment** – My current location, ambient conditions, entertainment
2. **Physical self** – Weight, activity, sleep, age
3. **Finances** – Net worth, investments, spending, tracking for retirement

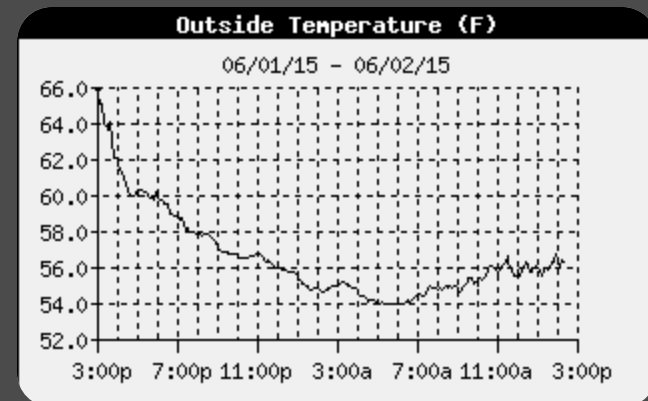
...and the experiential as well

1. **Environment** – My current location, ambient conditions, entertainment
2. **Physical self** – Weight, activity, sleep, age
3. **Finances** – Net worth, investments, spending, tracking for retirement
4. **Experiences** – Where I spend time, what I've been doing, and with whom
5. **Friends and family** – Key LifeStates for those close to me

1: Physical environment is the stage for a life

- ◎ **Location** – Home (room), office, cabin, address
- ◎ **Physical** – temperature, humidity, light, moon

Current location can be a **positive**, neutral, **negative**



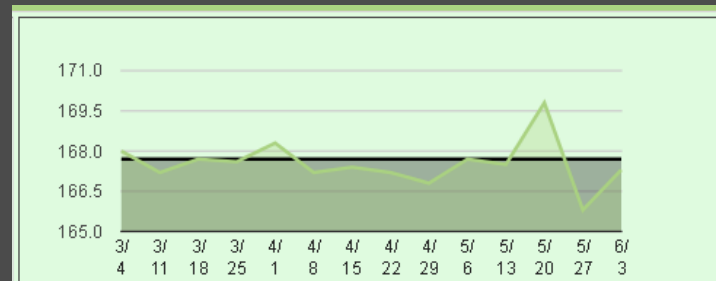
1: ...along with the enriched environment

- ◎ Entertainment – Music, video, lighting, spa
- ◎ Communication - calls, mail, email

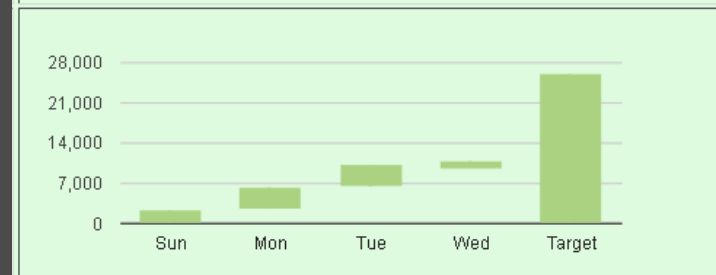


2: My weight, steps, fitness, sleep measure my health...

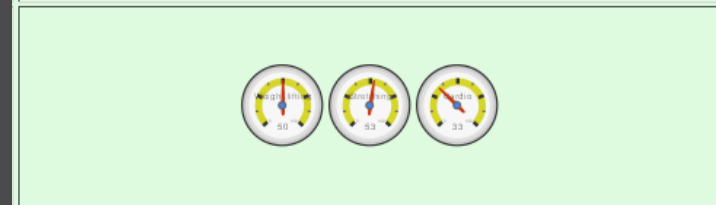
Weight



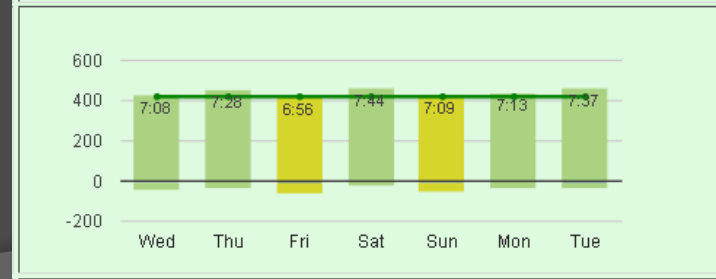
Steps



Fitness



Sleep



2: ... and the “ultimate deadline” is pretty important!

There are an estimated 29 years, 293 days, 5 hours, 4 minutes, 55 seconds of life remaining.



Based on suggestions and methodology from:
deathclock.com, deathtimer.com, findyourfate.com; livingto100.com

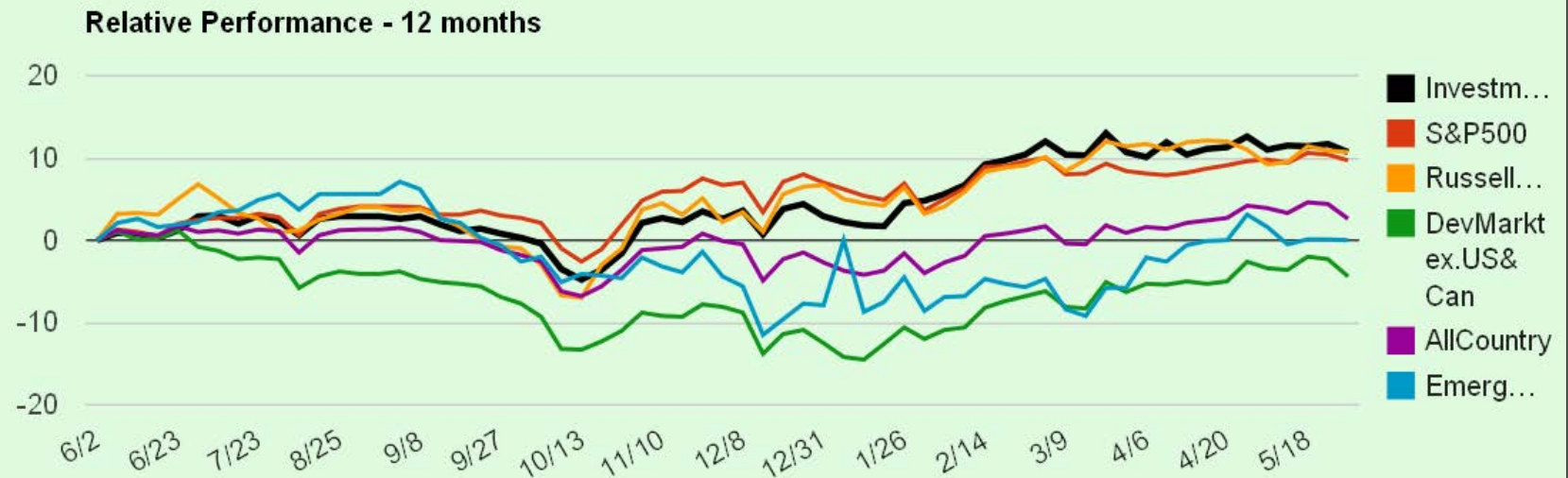
3: Quality of life and lifestyle are highly dependent on money

When retire	Age	Date	Til Retire Date (yrs)	Years to Draw	Growth By	(Will) Have	Short of Target	Actual \$/Yr	Adj \$/Yr
Now	55	6/1/2015	10	30	(no growth)	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]
Retirement Date (Mrkt Grow)	65	3/23/2025	0	20	7.2% compnd	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]
Target Amt Date (Mrkt Grow)	67	1/20/2027	-2	18	7.2% compnd	\$ [Progress Bar]	\$0	\$ [Progress Bar]	\$ [Progress Bar]
Retirement Date (Hist Grow)	65	3/23/2025	0	20	8yr trend	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]	\$ [Progress Bar]
Target Amt Date (Hist Grow)	78	12/26/2038	-13	7	8yr trend	\$ [Progress Bar]	\$0	\$ [Progress Bar]	\$ [Progress Bar]

Five retirement models take into account various scenarios.

I want one or more models with status of Green.

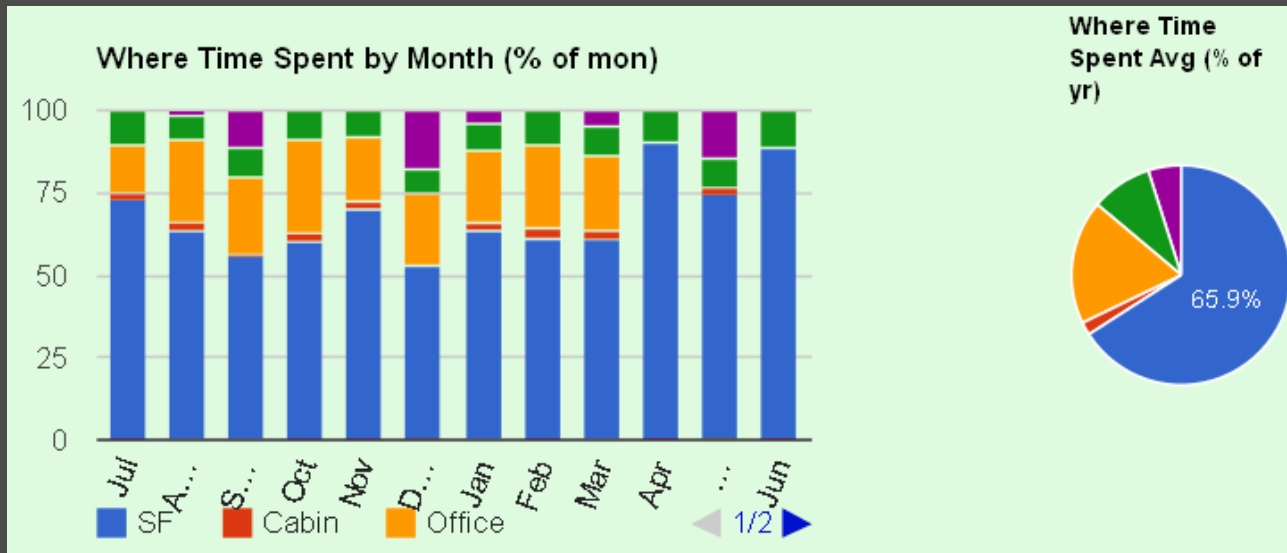
3: ... and is driven by investment performance and spending



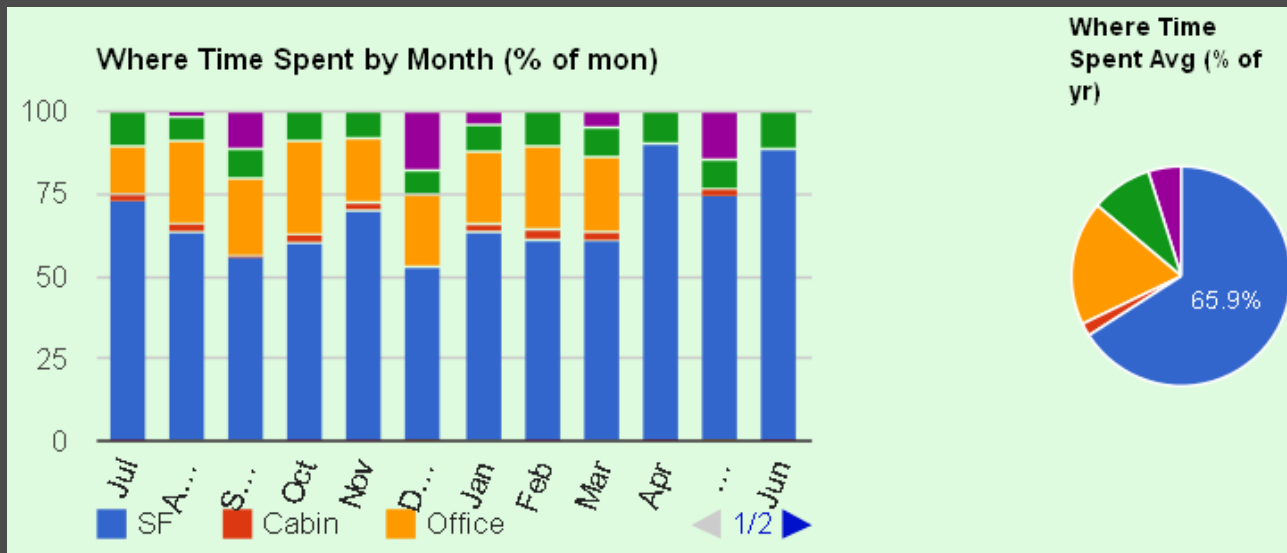
Note a dip or peak at the beginning of chart can mislead on growth or decline. Performance *may* be skewed by adds or withdrawals of investments over period.

LIAM compares the performance of my investments to key indices. LIAM also monitors real-time VIX – or U.S. market volatility.

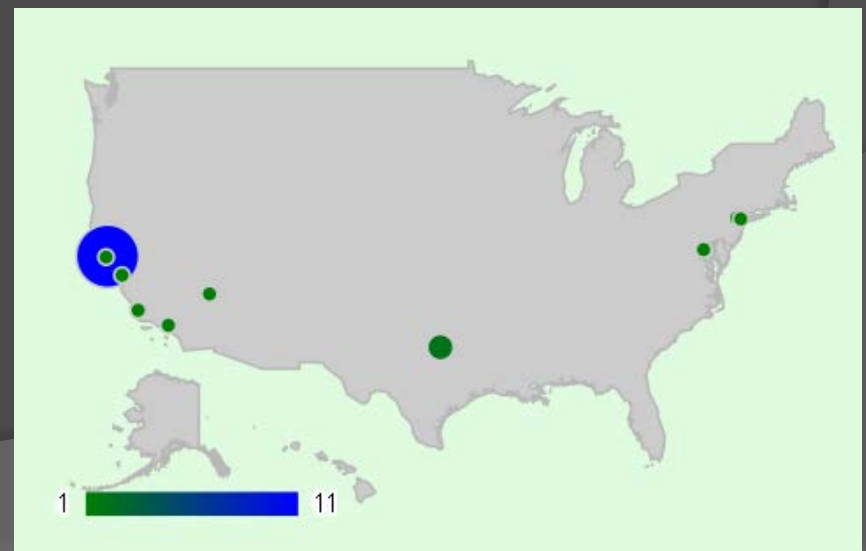
4: Important life experiences depend on location history



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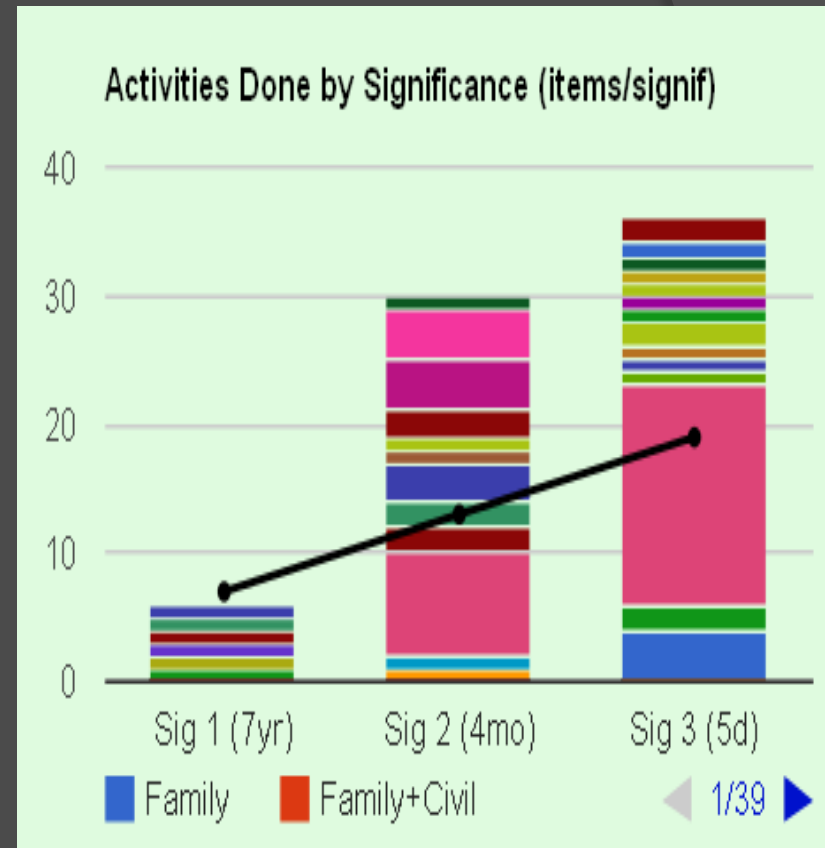
...including travel



4: ... and what I'm doing and how important those things are

Everything I do has one or more **categories** and a level of **significance**. (“Metadata”)

Significance informs both LifeState and LifeChronicle.



5: Close people have an impact on my LifeState; my partner

The average number of steps taken per day is: 4156.



Other tidbits include:
weight, sleep/wake cycles and location.

5: ...and my mother

Over the last 90 days:

Most chosen selfstate has been Green, selected 57% of the time, while the average selfstate has been Green (score of -0.40).

Selfstate has been 'Not Stable' over the last 111 days with a standard deviation of 0.68.

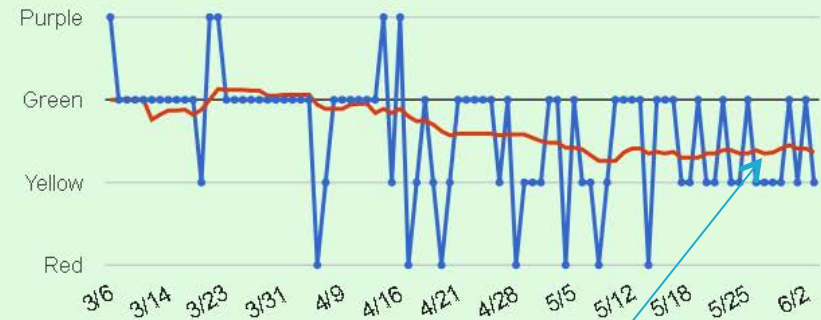
Most positive day of the week is Saturday with an average of Green (score of -0.18).

Most negative day of the week is Monday with an average of Yellow (score of -0.58).

Positive selfstates are *internally* influenced 81% of the time.

Negative selfstates are *internally* influenced 78% of the time.

Average duration between pings is 24.7 hours.



Period covered by graph is last 90 Days. Overlay line is 21 day moving avg.

Moving avg
speaks loudly

My mother reports her “affective self state” as 1 of 4 colors about every 24 hours.

5: ... and even my cat!

Last time Hera fed was 1.7 hrs ago and Hera has fed 6 times today.

There is a 100.0% chance that Hera will feed this hour.

Hera is currently late feeding. Hera statistically should have fed within the last 0 hours.

Hera feeds an avg of 16 times per day. Avg time between feedings is 1.5 hrs with a standard deviation of 1.8 hrs.

Thursday, June 04, 2015 08:00 Cam:



Thursday, June 04, 2015 09:31 Cam:



Total feedings for that hour for last 75 days.

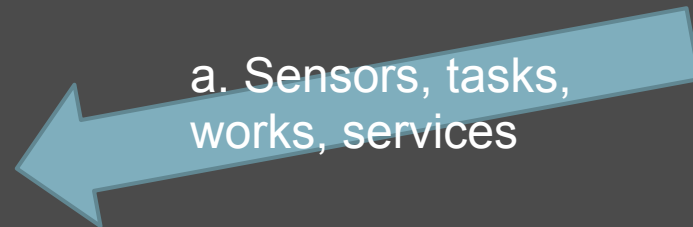
In summary, my LifeState is based on five categories

1. Environment
2. Physical self
3. Finances
4. Experiences
5. Friends and family

How does this happen? LIAM gathers, processes, and informs



b. Processing



Summarization and selection turns LifeState data into info



Information abstracts

Level X –
Raw data
(internal
only)

Level 3 –
One page per
category

Level 2 –
One page for
all categories

Level 1 –
One section
for all
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Level 0 –
One number /
color for all
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Webpages

Ambient

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LifeState

SFHome is occupied and by Tahl and [redacted]. Person(s) in kitchen area.
SF: In 75°/up, 73°/dn. Out is 57.6°, chill 51.2°. Forecast: Today...Mostly cloudy in the morning then becoming partly cloudy. Breezy. Highs in the mid 50s to lower 60s.
Currently, solar generating 4430W and SFHome using 1826W of power. 3118Wh of net power was consumed today.

Activity: Need 30min of Weight lifting; on plan for week. Need 7min of Stretching; on plan for week. Need 30min of Cardio; *behind in weekly plan by 18%*.
Finances: As of 6/1, Investments \$[redacted] net worth \$[redacted]. Chg (4mo): Investments up \$2,265 (0%), net worth up \$14,809 (1%).
Retirement: As of 6/1, there is one acceptable option. Retirement age is 67.

Last heard from [redacted] today at 11:41.
Mom checked in and reports selfstate as *Yellow* (as of 6 hrs ago).
Recv 2 email(s) today. Sent 1 email(s) today. [See email.](#)

LifeScore: 98


LifeChronicle is sequencing and enhancement of the same data

LifeChronicle - Saturday, May 23, 2015


Go to date: « < > » or Add note:

08:39:22 Asleep mode clear - Actual sleep time was 7hrs 32min, awoke 6 times totaling 21min {#36}
09:05:37 woke up (estimated) {#701}
09:59: 4DY Floss teeth {Health}
10:11: {Office}

10:34:54 Unoccupied SF home - via garage button {#16}
10:35: Cabin pack checklist... (see details) {Country}
10:40:01 exited SF Home {#227}
12:13:01 Non-validated entry: {#394,People}




13:51: at winery: {Dating,@,Recreation,Country,Public,!3}



15:00:26 Unoccupied SF home - non-owner left by front door {#3}
16:28:19 Non-validated occupancy at cabin - by mainroom front door {#518,Country}

16:30:48 **Owner authenticated at cabin - by button** {#515,Country,!3}
17:53: 2SA Housekeeper cleans the house (assume done sometime today) / \$130.00 (as of 28-Feb-15) {Clean, Buy}
17:53: 3MN Inspect gutters on cabin {Country, Maintain}
17:53: Blow / sweep the leaves out of the courtyard and other areas {Country, Maintain}
17:53: DY Check Yahoo headlines (http://my.yahoo.com) {Info}
17:53: Dust cabin {Clean, Country}
17:53: Eat -- Eat less often and watch the damn calories! {Food}
17:53: Rinse bowl of composting toilet {Country}
18:23: Look into and adjust out of town duration in State/Self/Experiences << need to add a new code for me being on vaca but still here (separate) {Chron, Automation}
18:47: 6MN Turn on air conditioner at cabin {Maintain, Country}
19:23: Eat -- Eat less often and watch the damn calories! {Food}
19:27: at cabin: {Dating,@,Recreation,Country,Public,!3}



19:45:01 Sunset - SF outside temperature is 53 {#154}

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OVER 6300 DAYS!

How did I get into this?

Pre-teens – I build electronic gizmos

Teens – Teach electronics class, automate my room, watch “2001”

20's – More home automation, factory automation, EIS, fascination with the Presidential Daily Report, symbol systems

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30’s – Serious automation, start LifeChronicle

40’s – Website, magazine articles written about me

So life is good, when I am blue

- LIAM “lives” today but angel funding being sought to commercialize it
- Website on request
- See my break-out at 4pm on Friday

Contact

- My name is Tahl Milburn
- You can reach me at biz@tahl.net