Optimizing Productivity

QS Europe Conference

May 2014

Brian Crain

Time -> Progress

30
25
20
15

- 1 task
- Set timer for 25 minutes
- Work without interruption
- 4 minutes break

- 25 minutes not intimidating
- Rhythm

	1050	6-May	7:24	Heureka Talk: Practice Run	3
	1051	6-May	7:49	Heureka Talk: Practice Run	3
	1052	6-May	8:25	Investment Workshop Eventbrite	3
	1053	6-May	8:53	Investment Workshop Eventbrite	3
5	1054	6-May	9:19	Investment Workshop Eventbrite	3
	1055	7-May	10:31	Investment Workshop Plan	3
	1056	7-May	11:00	Hire Virtual Assistant	2
	1057	7-May	11:30	Hire Virtual Assistant	3
4	1058	7-May	12:45	Bitcoin Center Berlin	3
	1059	8-May	11:16	Investment Workshop Plan	3
	1060	8-May	21:51	Investment Workshop Name	3
	1061	8-May	22:51	Newsletter #29	3
	1062	8-May	23:18	Newsletter #29	3
5	1063	8-May	23:46	Newsletter #29	3
	1064	9-May	0:19	Newsletter #29	3
	1065	9-May	10:13	Newsletter #29	3
	1066	9-May	10:48	Newsletter #29	3
4	1067	9-May	11:39	Newsletter #29	3

	Date	Total Blocks	Week	BTC	Biohacking	Blog&QS	CarDev	PersOrg &Goals	Programming
Saturday	12-Apr	1		1					
Sunday	13-Apr	14		10			4		
Monday	14-Apr	12		11			1		
Tuesday	15-Apr	12		11			1		
Wednesday	16-Apr	10		7			3		
Thursday	17-Apr	7		6				1	
Friday	18-Apr	9		9					
Week 3			65	55	0	0	9	1	0
Saturday	19-Apr	1				1			
Sunday	20-Apr	11		7		1	2	1	
Monday	21-Apr	9		8			1		
Tuesday	22-Apr	7		5			2		
Wednesday	23-Apr	9		1		7	1		
Thursday	24-Apr	13				13			
Friday	25-Apr	16		7		9			
Week 4			66	28	0	31	6	1	
Saturday	26-Apr	6				6			
Sunday	27-Apr	12		11				1	
Monday	28-Apr	6		5			1		
Tuesday	29-Apr	4		3				1	
Wednesday	30-Apr	12		12					
Thursday	1-May	11		11					
Friday	2-May	19		15		4			
Week 5			70	57	0	10	1	2	

	Days	Blocks							
Total	35	**250**		171	0	52	23	4	0
	Days >12	9							

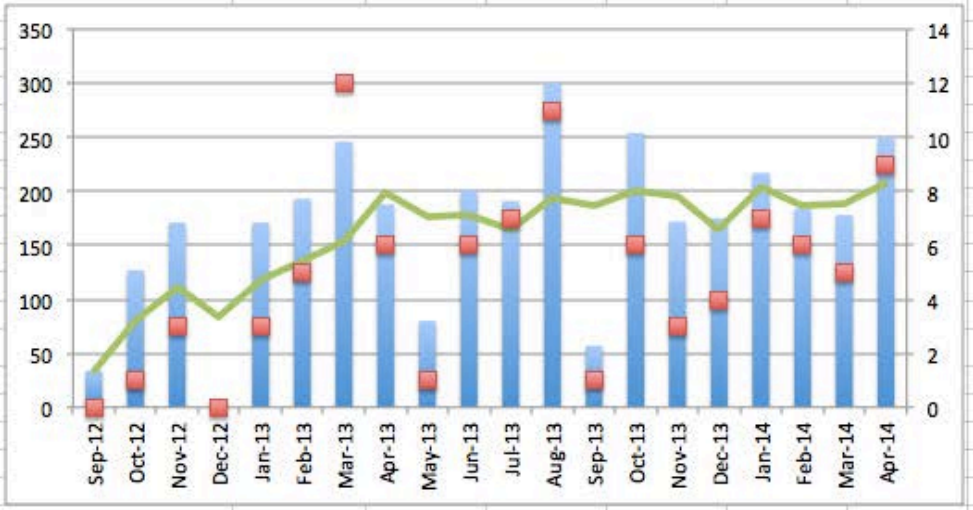
			Total Blocks	#Days >=12 Bl	Goal	4-Month Ave
			2014	Total	871	
				Monthly Ave	174.2	
Q4	0	Dec-14		0		
2014		Nov-14		0		
		Oct-14		0		
Q3	0	Sep-14		0		
		Aug-14		0		
		Jul-14		0		
Q2	292	Jun-14		0		
		May-14	42	0	140	164
		Apr-14	250	9	220	207
Q1	579	Mar-14	178	5	220	189
		Feb-14	184	6	200	187
		Jan-14	217	7	220	205
Q4	601	Dec-13	175	4	200	165
2013		Nov-13	172	3	218	196
		Oct-13	254	6	250	201
Q3	549	Sep-13	57	1	200	188
		Aug-13	301	11	205	193
		Jul-13	191	7	200	165
Q2	469	Jun-13	201	6	260	179
		May-13	80	1	*5 week Mont*	177
		Apr-13	188	6		200
Q1	610	Mar-13	246	12		154
		Feb-13	193	5		135
		Jan-13	171	3		118
Q1	302	Dec-12	4	0		84
2012		Nov-12	171	3	*5 week Mont*	111
		Oct-12	127	1		81
		Sep-12	34	0		34

Top Ten Productivity Weeks	
Time Gone	29%
Blocks Completed	30%

2013	Total	2229
	Monthly Ave	185.8

Overall (2012 - Present)	5.76
2013	6.11
2014	6.70

Bad	<120	4
Mediocre	120	1
Good	160	3
Very Good	190	3
Excellent	220	1
Insane	250	0



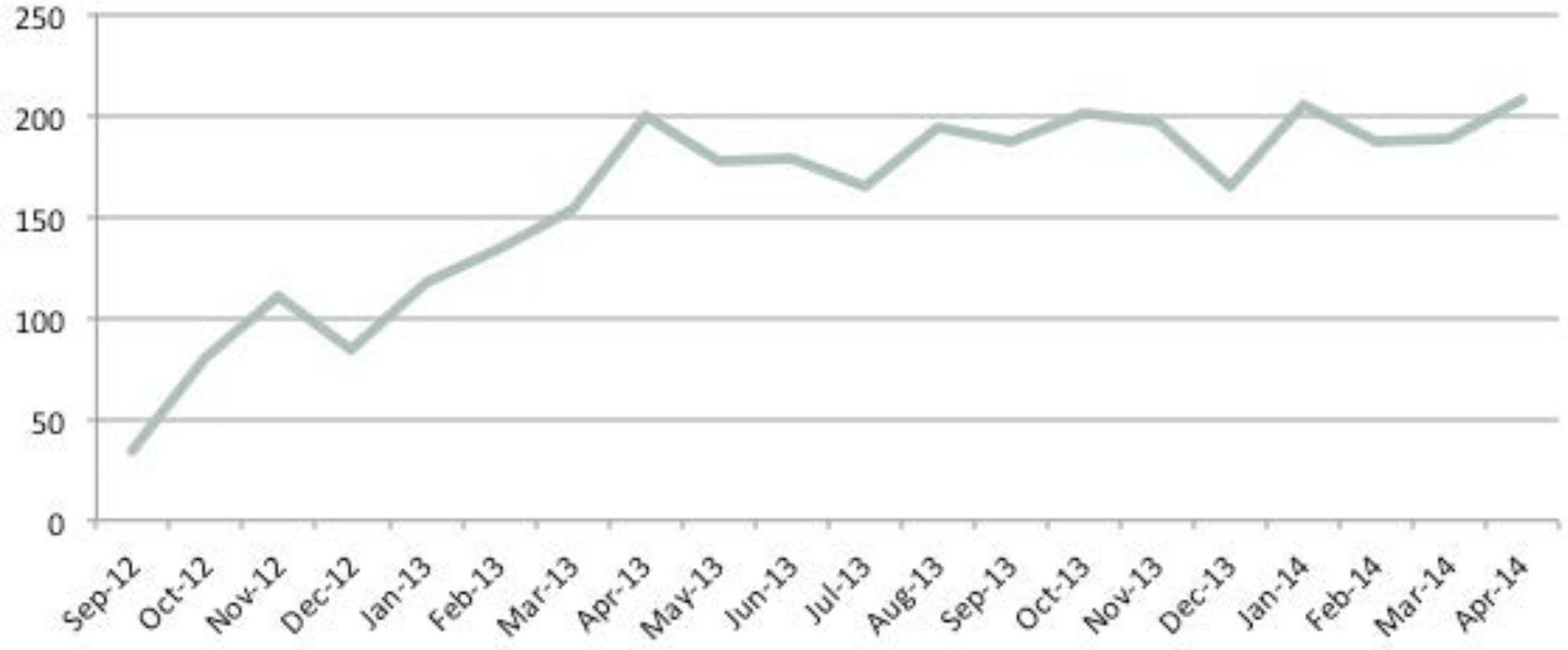
3,435

Pomodoros / Day

2012 - 2014	5.76
2013	6.11
2014	6.74

Pomodoros / Month

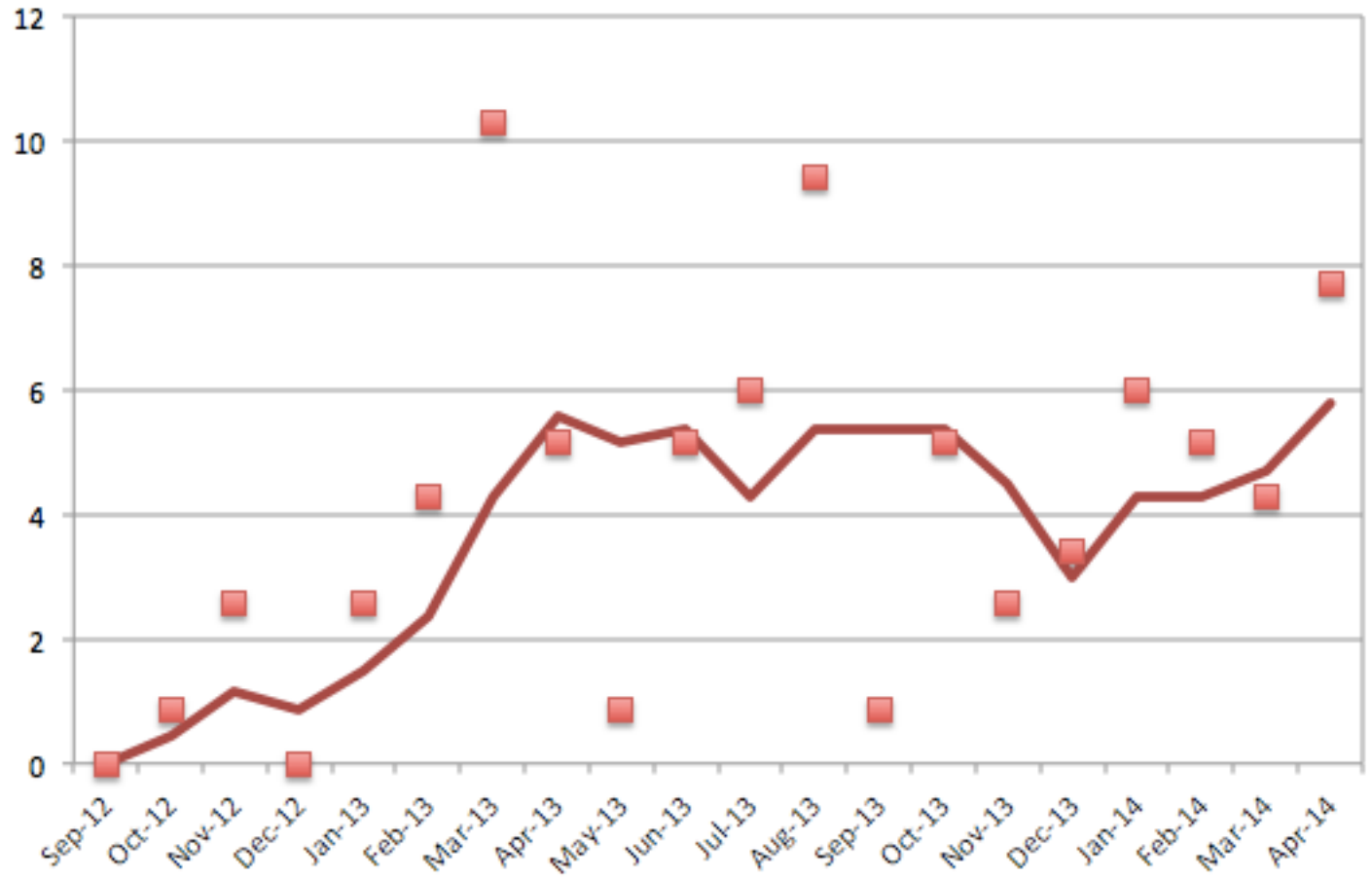
4-Month Moving Average



Developing Standards

Week	60+ pomodoros
Day	12+ pomodoros

12+ Pomodoro Days



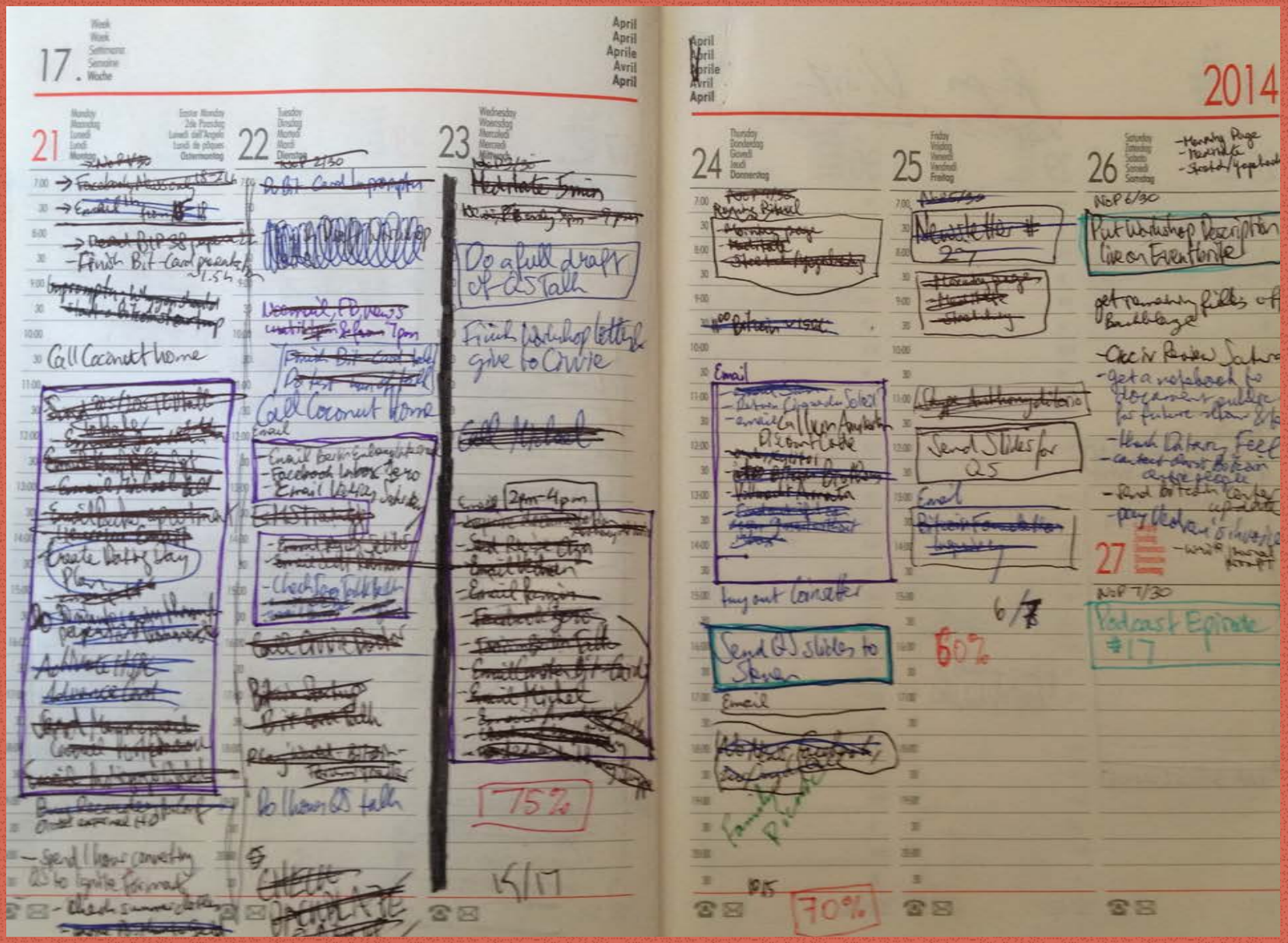
Fasting – No Correlation

because I said I would.

- Write down commitments in notebook every evening
- Cross out fulfilled commitments

- Track completion at end of each day

Commitments -> Integrity -> Stake


17.
21
22
23
24
25
26
27
2014
April
Call Coconut home
Do a full draft of Q5 Talk
Finish Workshop letter & give to Carrie
Send Q5 slides for Q5
Send Q5 slides to Steven
Podcast Episode #17
75%
70%
60%

- 28 days
- Make 11.8 commitments/day
- Fulfill 8.3 commitments/day
- 73% average score

Pomodoro Insight

Clear continuous measure of productivity

Pomodoro Insight

Measure -> Improve

Integrity Insight

Todos ≠ Commitments

How do you protect the commitment mindset?

Integrity Insight

Metrics take time to develop

Measurement

+ continuous improvement

+ keeping commitments

What next?

- Capture data in a standard format
- Commitment tracking metric

Breakout Session:

Productivity Tracking

Sunday, 10.30am

Heidelberg

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