

Optimizing Productivity

QS Europe Conference

May 2014

Brian Crain



Time -> Progress



- 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
	1068				

	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							

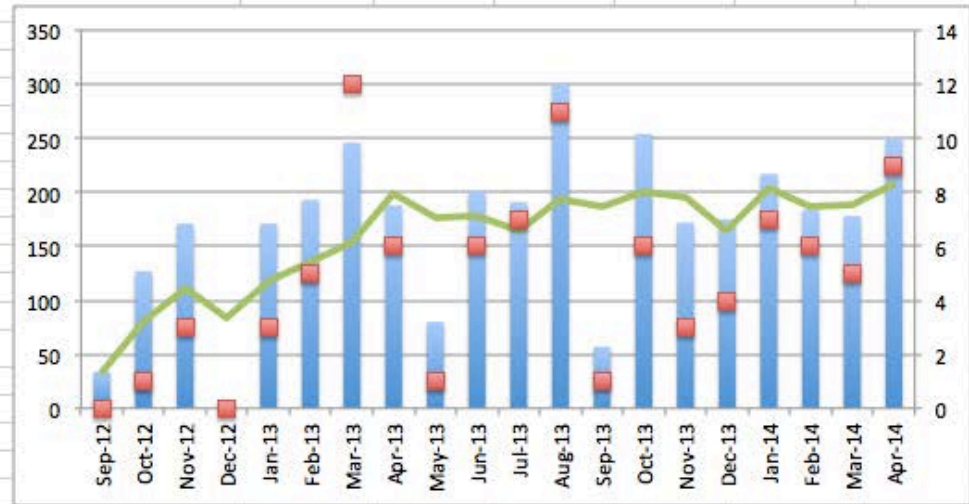
Total Blocks	#Days >=12 Bl	Goal
2014	Total	871
	Monthly Ave	174.2

4-Month Av Top Ten Productivity Weeks

Time Gone 29%
Blocks Completed 30%

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

Q4	0	Dec-14		0		
2014		Nov-14		0		
		Oct-14		0		
	0	Sep-14		0		
Q3		Aug-14		0		
		Jul-14		0		
	292	Jun-14		0		
Q2		May-14	42	0	140	164
		Apr-14	250	9	220	207
	579	Mar-14	178	5	220	189
Q1		Feb-14	184	6	200	187
		Jan-14	217	7	220	205
	601	Dec-13	175	4	200	165
2013		Nov-13	172	3	218	196
		Oct-13	254	6	250	201
	549	Sep-13	57	1	200	188
Q3		Aug-13	301	11	205	193
		Jul-13	191	7	200	165
	469	Jun-13	201	6	260	179
Q2		May-13	80	1	5 week Mont	177
		Apr-13	188	6		200
	610	Mar-13	246	12		154
Q1		Feb-13	193	5		135
		Jan-13	171	3		118
	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



2013	Total	2229
	Monthly Ave	185.8
Overall (2012 - Present)	5.76	
	2013	6.11
	2014	6.70

3,435

Pomodoros / Day

2012 - 2014 5.76

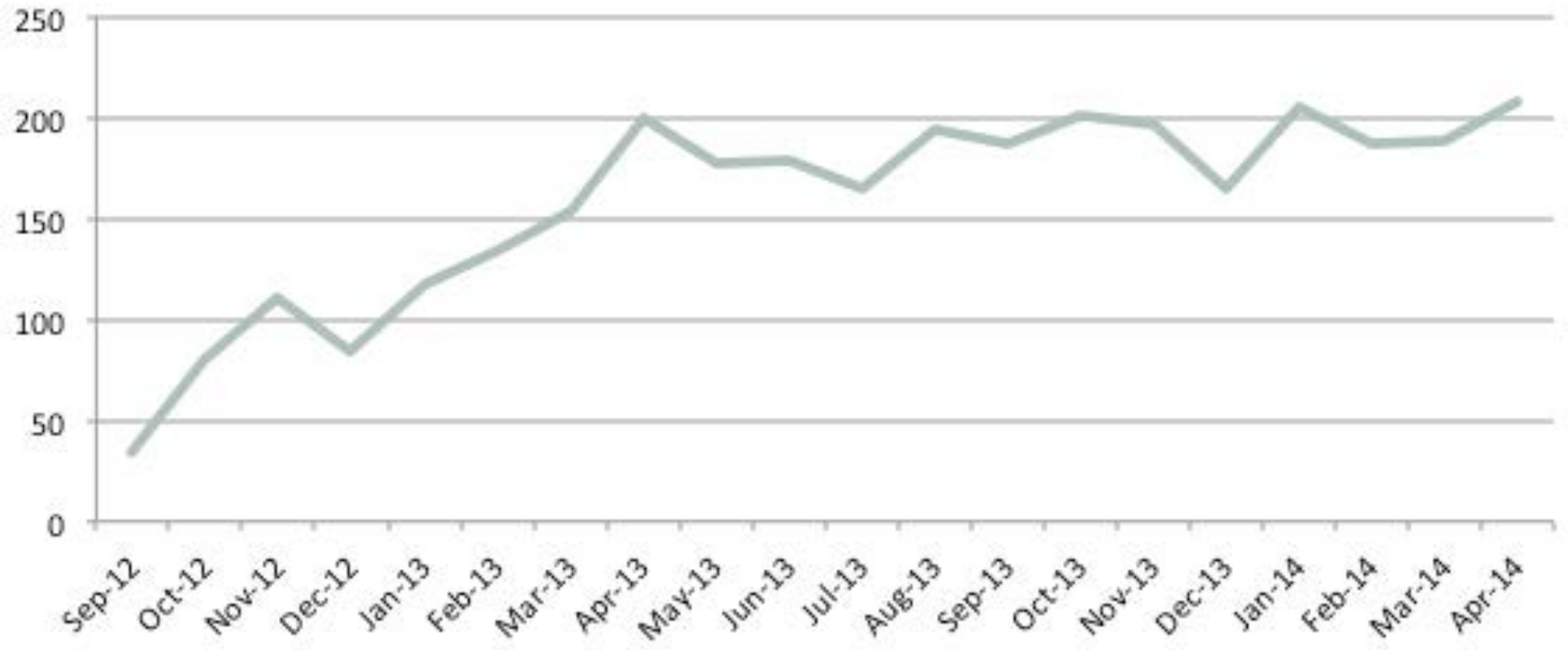
2013 6.11

2014 6.74

Pomodoros / Month



4-Month Moving Average



Developing Standards

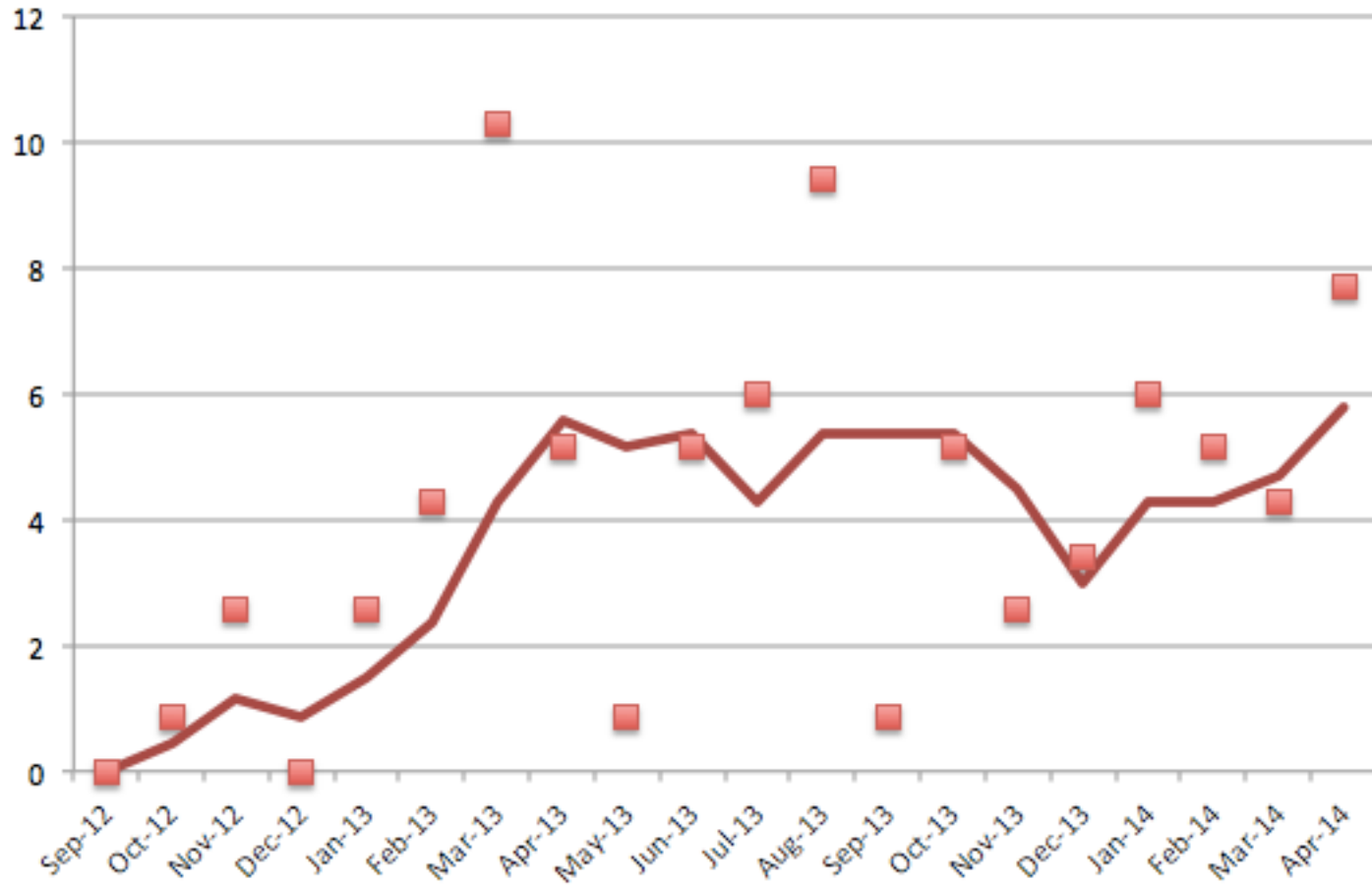
Week

60+ pomodoros

Day

12+ pomodoros

12+ Pomodoro Days



Fasting – No Correlation



Brian Crain

Intermittent fasting

🔥 2-day streak!

✅ 96 checkins



Frequency per week



Frequency per month

May 2014

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2014

Su	Mo	Tu	We	Th	Fr	Sa
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Notes

May
8
2014

19:00 - 12:00 / 17 hours

May
7
2014

22:00 - 18:00 / 20 hours

May
5
2014

18:00 - 17:00 / 23 hours

May
1
2014

21:00 - 20:00 / 23 hours



because I said I would.

because I said I would.

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.

Week
April
Semaine
Woche

April
April
Avril
April

Monday
Montag
21

7:00 → Facebook
8:00 → Email
8:00 → Read Bit Card
9:00 → Finish Bit Card
10:00 → Call Coconut home
11:00 → Create Battery Day Plan
12:00 → Address
13:00 → Send
14:00 → Send
15:00 → Send
16:00 → Send
17:00 → Send
18:00 → Send
19:00 → Send
20:00 → Send
21:00 → Send
22:00 → Send
23:00 → Send
24:00 → Send

Tuesday
Dienstag
22

7:00 → Do bit card
8:00 → Do bit card
9:00 → Do bit card
10:00 → Do bit card
11:00 → Do bit card
12:00 → Do bit card
13:00 → Do bit card
14:00 → Do bit card
15:00 → Do bit card
16:00 → Do bit card
17:00 → Do bit card
18:00 → Do bit card
19:00 → Do bit card
20:00 → Do bit card
21:00 → Do bit card
22:00 → Do bit card
23:00 → Do bit card
24:00 → Do bit card

Wednesday
Mittwoch
23

7:00 → Do a full draft of Q5 talk
8:00 → Finish workshop letter
9:00 → Give to Annie
10:00 → Call Michael
11:00 → Email
12:00 → Email
13:00 → Email
14:00 → Email
15:00 → Email
16:00 → Email
17:00 → Email
18:00 → Email
19:00 → Email
20:00 → Email
21:00 → Email
22:00 → Email
23:00 → Email
24:00 → Email

2014

April
Avril
April

Thursday
Donnerstag
24

7:00 → Read
8:00 → Read
9:00 → Read
10:00 → Read
11:00 → Read
12:00 → Read
13:00 → Read
14:00 → Read
15:00 → Read
16:00 → Read
17:00 → Read
18:00 → Read
19:00 → Read
20:00 → Read
21:00 → Read
22:00 → Read
23:00 → Read
24:00 → Read

Friday
Freitag
25

7:00 → Read
8:00 → Read
9:00 → Read
10:00 → Read
11:00 → Read
12:00 → Read
13:00 → Read
14:00 → Read
15:00 → Read
16:00 → Read
17:00 → Read
18:00 → Read
19:00 → Read
20:00 → Read
21:00 → Read
22:00 → Read
23:00 → Read
24:00 → Read

Saturday
Samstag
26

7:00 → Put workshop description
8:00 → Get remaining files
9:00 → Get a notebook
10:00 → Thank
11:00 → Contact
12:00 → Read
13:00 → Read
14:00 → Read
15:00 → Read
16:00 → Read
17:00 → Read
18:00 → Read
19:00 → Read
20:00 → Read
21:00 → Read
22:00 → Read
23:00 → Read
24:00 → Read

- 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 \neq 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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