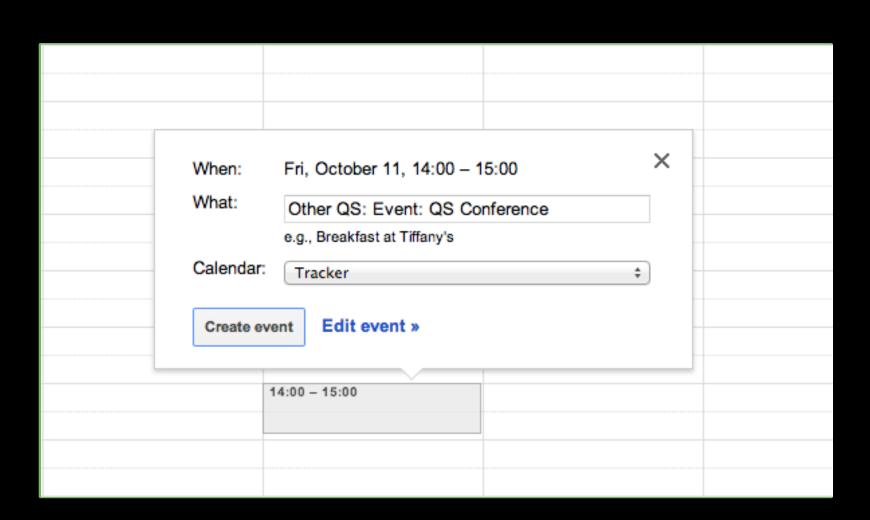


BEFORE

AFTER

"What the hell am I doing with my days?"



event entry for each activity

5 min+ per activity

1440 min in a day

CONTEXT:: ACTIVITY:: TAG

Personal

Social

HealthFit

Career

LifeLog

Other Work

Nyle

Blog

Other QS

Research

Meet

Write

Climb

Procrastinate

Code

Sleep

Walk

Survival Misc

Subway

Wakeup

Travel

Rest

Taxi

...

Cinema

James

Ender's Game

House of Cards

Visa application

Parents

Prisoners

Arbitrage model

Radwan

the Antidote

Deadlift

Tara

Rest

4,1

...

CONTEXT:: ACTIVITY:: TAG

Personal

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11

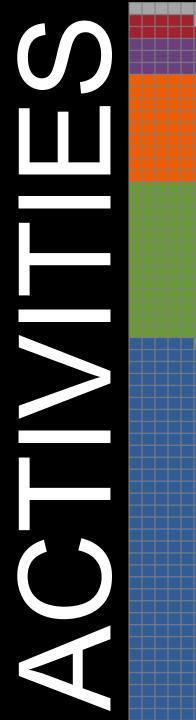
...



PERSONAL SOCIAL WORK



00:00 - 01:30	22:45 - 01:30	23:45 - Career, For - 00:15 - 01:15	23:45 - 00:40	00:00 - Social: Call	23:45 - 02:15	00:00 - Personal: Rest
Career, Meer	Healthfit: Climb	Career: Email	00:40 - Personal: Survival men	00:30 - Career: Desk misc	Social: Event	03:30 - Career: Email
		01:15 - Personal: 8	01:00 - 02:00	01:00 - 01:40		01:80 - Career: Organize
01:30 - Personal: Car	01:30 - 02:30	01:30 - 02:45	Personal: Read	01:40 - Personal, Sumulatimen		01:30 - 03:00
02:00 - Sociati Meni 02:20 - Personal: 5	Personal: Car	Personal: Read	02:00 - 11:20 Personal: Sleep	02:00 - 02:45 Personal: Read	02:15 - 03:15	Personal: Event
02:30 - 04:00 02:20 - Personal: 1 Personal: Read	02:30 - Personal: Food	02:45 - 11:45	Personal Sleep	02:30 - 11:45 Personal: Read	Personal: Car	and the second second
The same of the sa	03:00 - Other work: Dask misc	Personal: Sleep		100000	03:15 - Personal: \$ as ar as as	03:00 - Personal: Sumuel men 03:20 - Personal: F
	03:30 - Other work: Resistance 03:50 - Personal: 5				93:23 - 94:90	03:40 - 04:15
04:00 - 13:00 Personal: Seep	04:10 - Personal: 9				04:00 - 13:30 Personal: Sleep	04:15 - 12:30
The state of the s	Personal: Sleep				Total Control	Personal: Sleep
	100000000					
			11:20 - Personal: Survival miso			
		11:45 - Personal: / 12:00 - 12:45	11:50 - 12:30 Recense: Car	11:45 - Personal: V 12:00 - Personal: F		
		12:45 – 15:15	12:30 - Carpor: More	12:15 - 13:00 Personal: Car		12:30 - 13:15 12:30 - Personal: (
13:00 - Personal: V 13:15 - Other work	13:00 - Personal: 7 13:15 - Personal: F	12:45 - 15:15 Career: Meet	12:50 - 13:30	13:10 - 15:01		Personal: Desk misc 13:15 – 14:15
13:30 - 14:45 Career Email	13:30 - 14:15 Personal: Car		13:30 – 14:15 Healthfit: Workout mag	Career: Meet	13:30 - Personal: Desk misc	Healthfit: Strength
Career, Crisi	AAAR Could Mar.		14:15 - Social: Car		14:00 - 14:45 Personal: Food	14:15 - Personal: P
14:45 - Personal: Read	14:30 - 15:15 Socia: Food		14:45 - 16:00		14:45 - Personal: 1 15:00 - Personal: 1	14:45 - 15:45 14:30 - 15:30 One: Halmo-Dave
15:15 - Personal: Other	15:15 - Social: Wa ² 55:30 - 17:30	15:15 - 16:00	Career: Neet	15:00 - 16:15 Social: Food	15:30 - 16:15	Social: Call
15:45 - 16:45 Career, Food	Career: Meet	Personal: Car 18:00 - 17:15	16:00 - Personal: F7:11		Personal: Read	15:45 - Other work: Cal
The second second		Social: Meet	16:15 - Personal; F	16:15 - Social: War 16:30 - 18:00	18:15 - 17:00 Other work: Dark man	16:15 - Personal: P
16:45 - 19:30 Career, Meet		1210-120	Career: Meet	Career: Research	17:00 - 18:00	17:00 - 18:30
	17:30 - 18:30	17:15 - 18:00 Paranesi: Car			Personal: Read	Career: Code
	Career, Walk	18:00 - 19:45		18:00 - 19:00	18:00 - Other work 18:15 - 19:00	
	18:30 - 20:15 Career: Meet	Career: Meet	18:30 - 20:00 Career: Code	Other work: Research	Social Cali	18:30 - Personal: F 15:40 - 20:00
	2000000		1000000	19:00 - 20:00 Career: Meet	19:00 - Personal: P 19:15 - Healthfit: A	Career, Code
19:30 - 20:15 Social: Car	A CONTRACTOR OF THE PARTY OF TH	19:45 - 20:30			19:45 - Personal: F 20:00 - 21:00	
20:15 - Personal: V 20:30 - 21:15	20:15 - 21:00	Other work: Desk mish	20:00 - Personal: L 20:15 - Social: Mor	20:00 - Career: Email	20:00 - 21:00 Personal: Read	20:00 - 21:45 Career: Code
Social: Cali	Princepal: Car 21:00 - Personal: Food	20:30 - 21:15 Personal: Car	20:45 - 21:30 Personal: Car	20:30 - 21:15 Other work: Desk reso	21:00 - Circar works - hours	
21:15 - Social: Oth 21:30 - Social: Cal	21:30 - Personal: Lighten	21:15 - 22:00 Other work: Desk mass	21:30 - Healthfit: Strength	21:15 - Personal: Proc misc	21:15 - 22:00 Social: Call	
21:50 - 22:45	22:10 - 22:45	22:00 - Social: Call	22:00 - Healthft: Metcon	21:45 - 22:45 Personal: Car	22:50 - Parsonal Pro-	21:45 - Career: Rast. 22:10 - 23:45
Personal: Car	Other work: Deak misc	22:30 - Career: Desk misc	21:10 - Degraph Co.	Territories and	22:15 - Healthfit: 1	Career, Code
22:45 - 01:30 Healthfit: Climb	22:45 - 23:45 Other work: Email	23:10 - 23:45	22:45 - 23:30 Personal: Food	22:45 - Personal: Food	22:45 - 23:20	
	Mark Committee	Personal: Food	23:30 - Other work: Call	23:15 - Personal: Rest	23:20 - 60:00 Research Ened	DV-10 Courses Cond





PROCRASTINATING	43 hrs
COMMUTING	160 hrs
INTERACTING	438 hrs
Meet	245 hrs
Call	101 hrs
Event	93 hrs

621 hrs

131 hrs

122 hrs

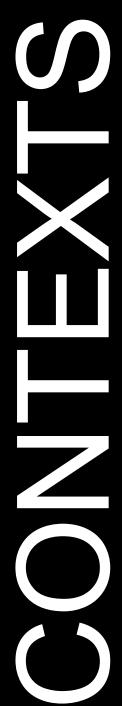
94 hrs

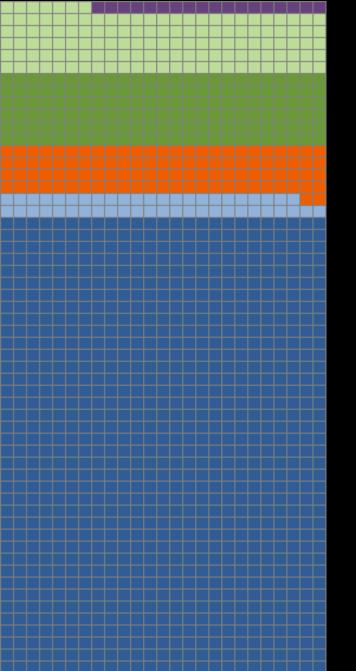
80 hrs

1122 hrs

215 hrs

1479 hrs





Quantified Self 28 hrs

Other Work 241 hrs

Career 385 hrs

Social 398 hrs

Health & Fitness 82 hrs

Personal

1717 hrs

DATA intuition

CASE IN POINT

"Life Overhead" in a productivity-obsessed society

TOP 3 INSIGHTS

- 1. Manufactured Awareness
 - 2. The Illusion of Busyness
 - 3. How Focused is my Focus?

MANUFACTURED AWARENESS



Me Continuum

Manager

"Is this really what I should be doing?"

"Is there a better way to spend my time?"

Worker

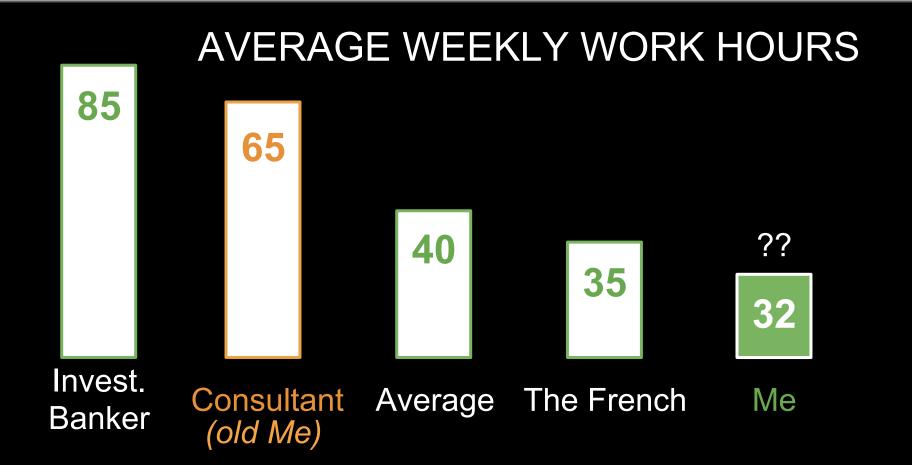
"Work.

Faster.

Better.

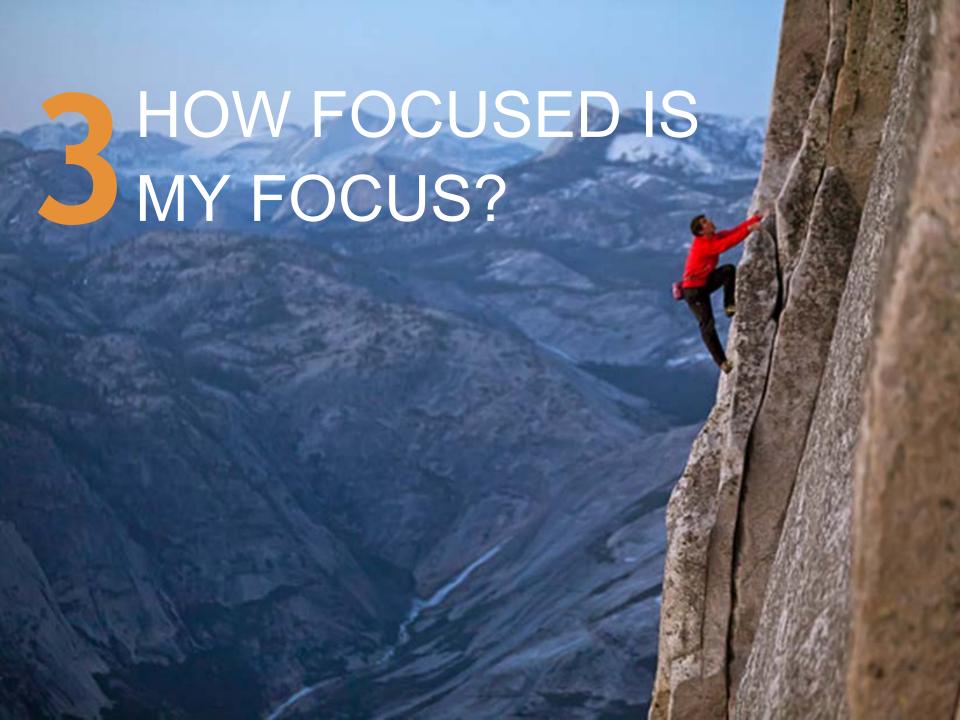
Stronger."

THE ILLUSION OF BUSYNESS



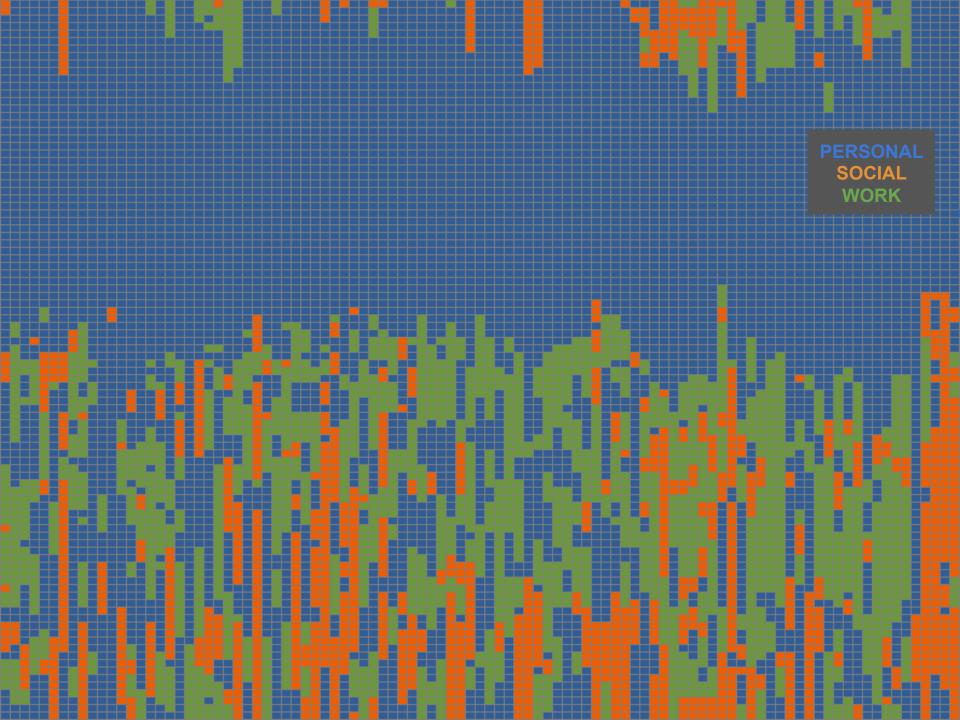
Looking busy at work is how I keep busy at work.





AVERAGE ACTIVITY SESSION DURATION





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Nyle

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