

Kyrill Potapov

UCLiC

Reflecting on what matters to me



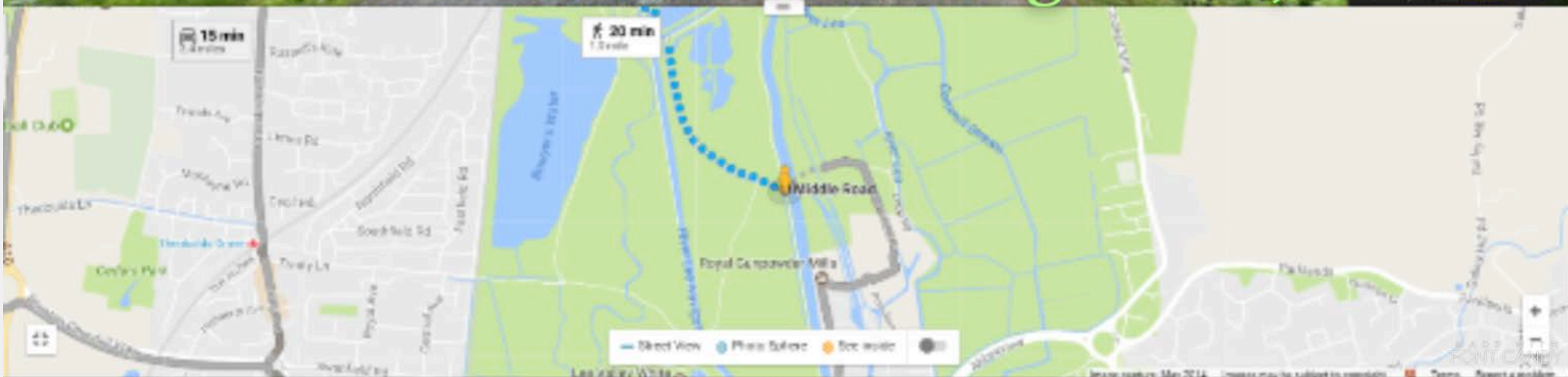


SOLINGEN

Flavio Zardo

Flavio Zardo - May 2014

Two roads diverged in a wood, and I -
I took the one that Google said,



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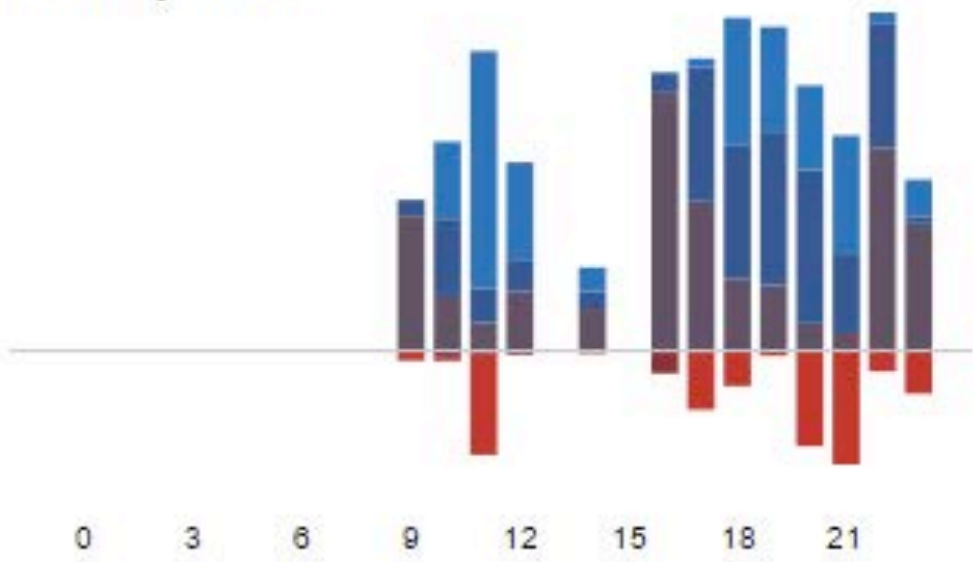


0.2 kg

to go

 **10h 24m** Logged so far today
32.5m more than the day before

time by hour



productivity pulse



↓ 10% from day before

- 32%** Utilities
- 19%** Miscellaneous
- 16%** Communication & Scheduling
- 8%** Business
- 7%** Entertainment

miu

THE SMART BUTTON BY

nodon



essence of concealedness, Being brings itself to pass into
epoch. Therefore we must pay heed:
The turning of the danger comes to pass suddenly. In this
turning, the clearing belonging to the essence of Being suddenly
lights itself and lights up. This sudden self-lighting is the
flashing-flash. It brings itself into its own brightness, which
it itself both brings along and brings in. When, in the turning
of the danger, the truth of Being flashes, the essence of Being
clears and lights itself up. Then the truth of the essence, the
coming to presence, of Being turns and enters in.

Toward where does in-turning bring itself to pass? Toward
nowhere except into Being itself, which is as yet coming to
presence out of the oblivion of its truth. But this same Being
comes to presence as the coming to presence of technology. The
coming to presence of technology is Enframing. In-turning, as
the bringing to pass of the turning about of oblivion, turns in

Although many PI based interventions report that PI
user, fewer studies report that these insights lead to
change". Scaffolding may help to overcome this gap.
Structured scaffolding for reflection and problem
management: qualitative study of mobile diabetes
management

Self-efficacy best predictor of the success of MCD

As theorized, PI may help scaffold greater self-eff
[feedback] and think, "I did it last week, you can do
2006, p. 99)

Consolvo, S., Sherry, F., McDonald, D. W., Avrahami
Consolvo, S., Sherry, F., McDonald, D. W., Avrahami



Taberna

"both systems may contribute to a particular
response" (p. 363)
Associative and Rule-based

I will focus on the reconstituted self and only go
under the bonnet to refer to the two systems when
clarification is necessary

20170215_165736.jpg

20170215_165819.jpg

Ask me anything

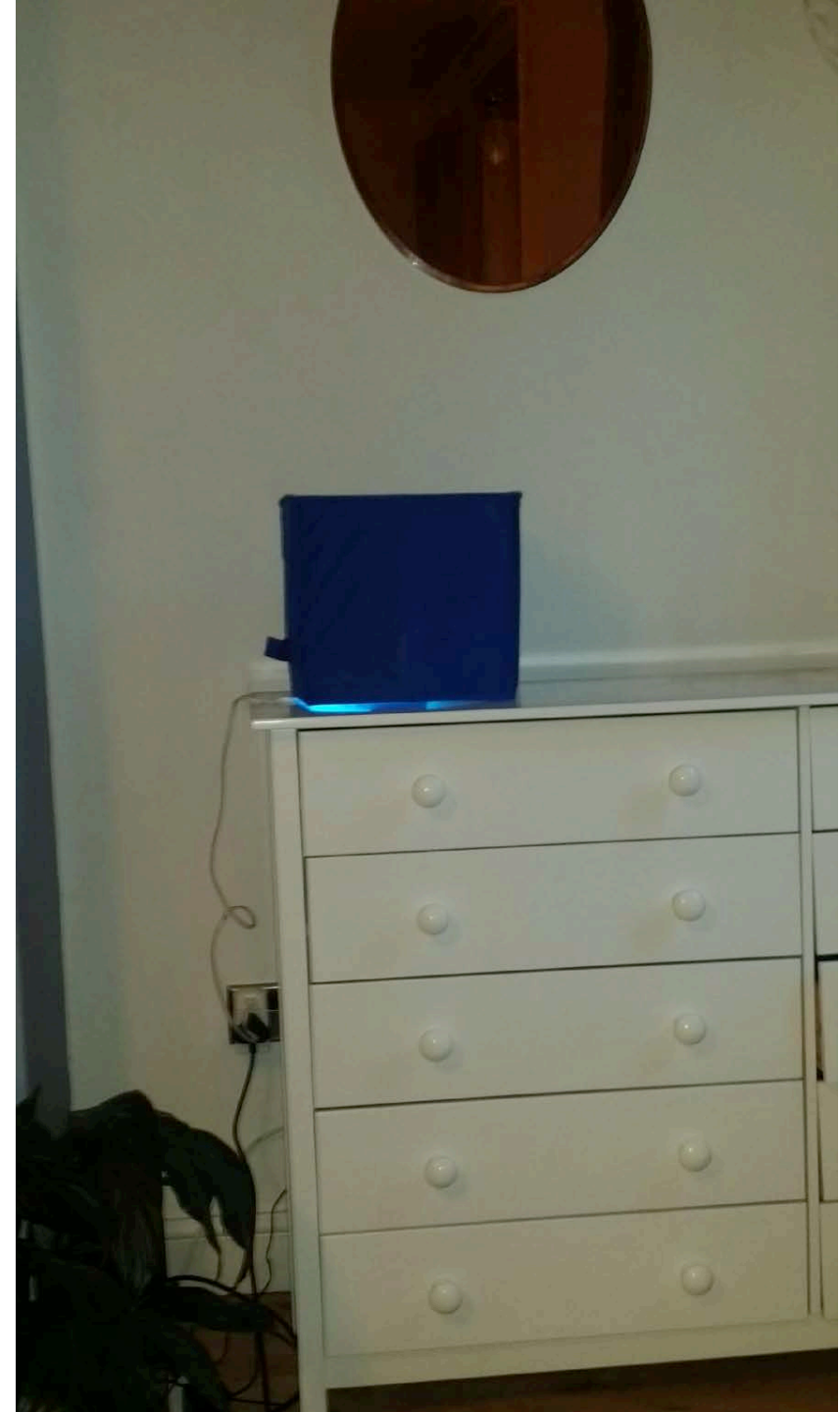
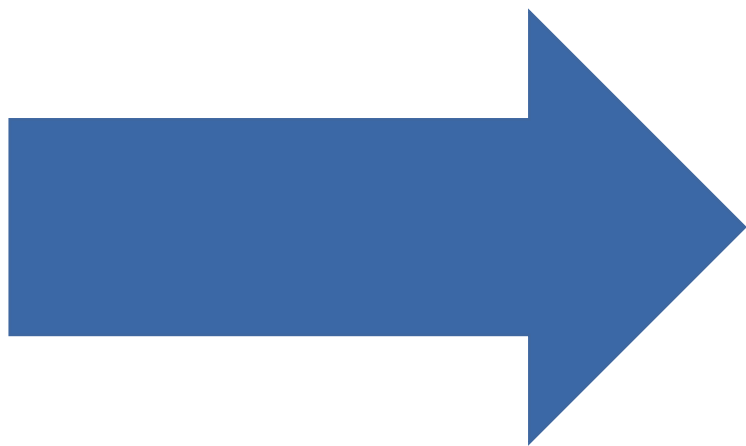
23:05 07/04/2017

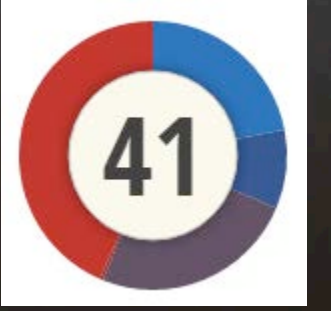


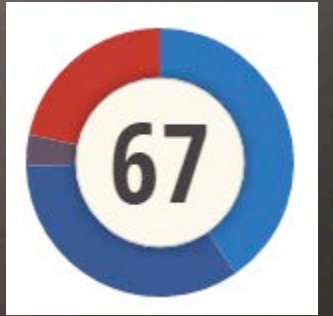
Eddie

{ *Hedera helix* }











#3

More than **3 hours** per day on **PhD**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)





Pip

{*Epipremnum aureum*}







Your *Daily* Dashboard

 **2h 33m**

Logged so far today
1.8h less than the day before

time by hour



productivity pulse



↓ 14% from day before

58% Miscellaneous

13% News & Opinion

10% Social Networking

5% Uncategorized

5% Entertainment



#12 More than **3 hours** per day on **Growth**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)

#13 More than **3 hours** per day on **Survival**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)

I reclassified my RescueTime activity

Activity <small>select multiple</small>	Category & Productivity Score		
com.android.chrome	UTILITIES : BROWSERS	<input type="radio"/> NEUTRAL	DELETE
mail.google.com	MISC. : SURVIVAL	<input type="radio"/> NEUTRAL	DELETE
facebook.com	SOCIAL NET. : GENERAL	<input checked="" type="radio"/> VERY DISTRACTING	DELETE
docs.google.com/#document	DESIGN/COMP. : WRITING	<input checked="" type="radio"/> VERY PRODUCTIVE	DELETE
com.sec.android.app.launcher	BUSINESS COMMUNICATION & SCHEDULING DESIGN & COMPOSITION	<input checked="" type="radio"/> PRODUCTIVE	DELETE
com.facebook.orca	ENTERTAINMENT MISCELLANEOUS	<input type="radio"/> NEUTRAL	DELETE
skype	NEWS & OPINION REFERENCE & LEARNING	<input checked="" type="radio"/> PRODUCTIVE	DELETE
winword	SHOPPING SOCIAL NETWORKING SOFTWARE DEVELOPMENT	<input checked="" type="radio"/> VERY PRODUCTIVE	DELETE

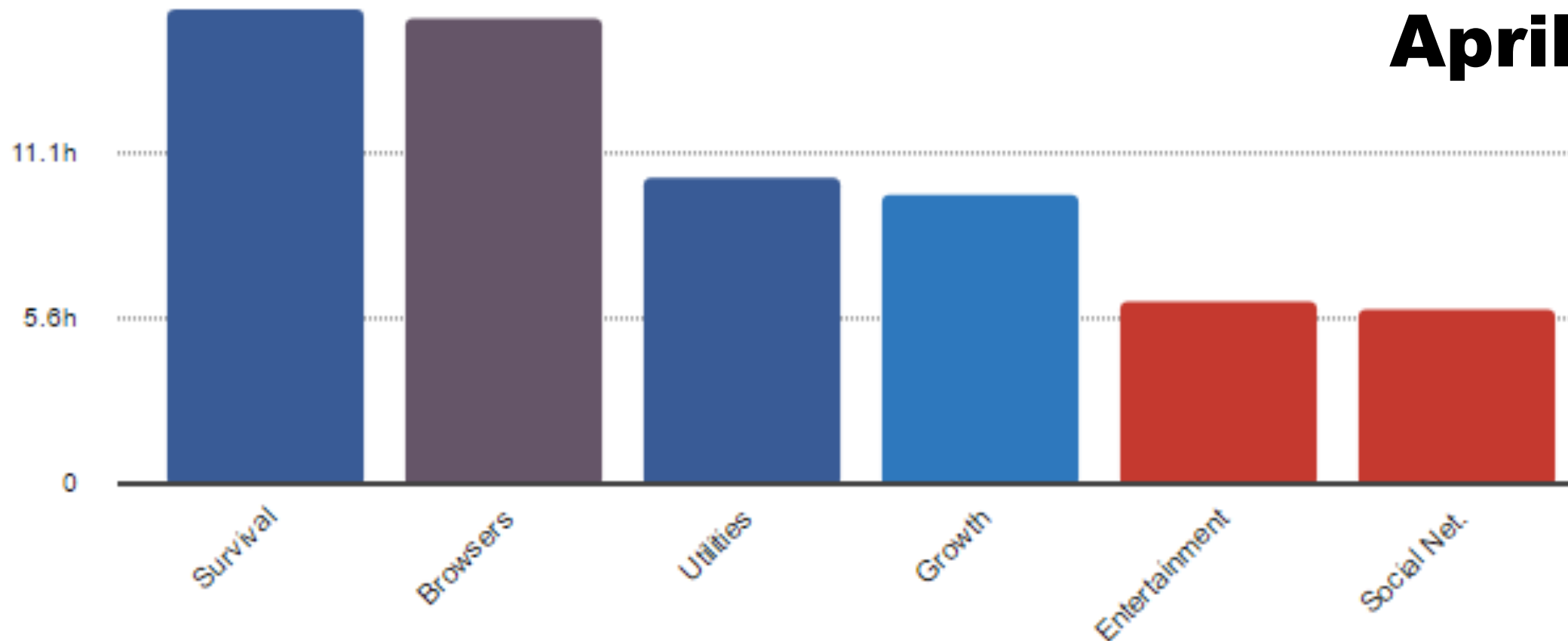
Survival

- Checking email
- Marking essays
- Planning Year 11 lessons (on Powerpoint)
- Checking my account / paying bills
- Arranging / having meetings

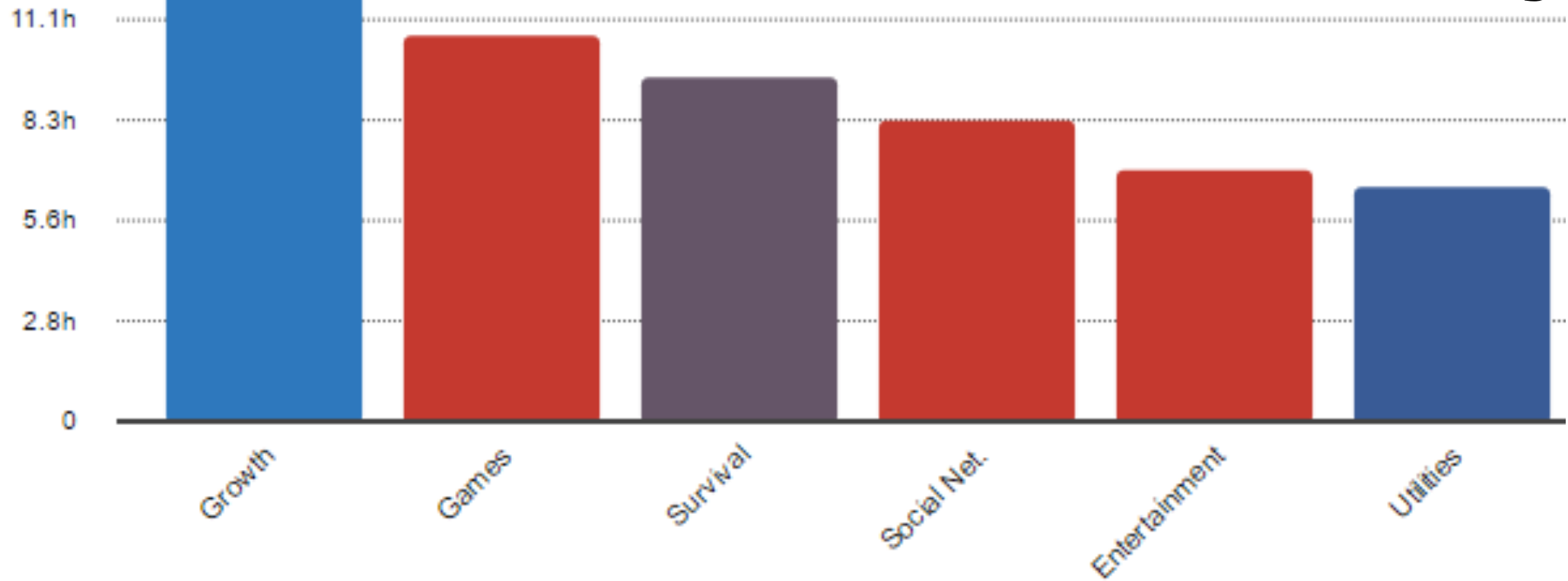
Growth

- Reading books
- Creative writing
- Planning Year 12 & 13 lessons
- Coding
- Political campaigning

April



May





If you're interested in how I set it all up...

