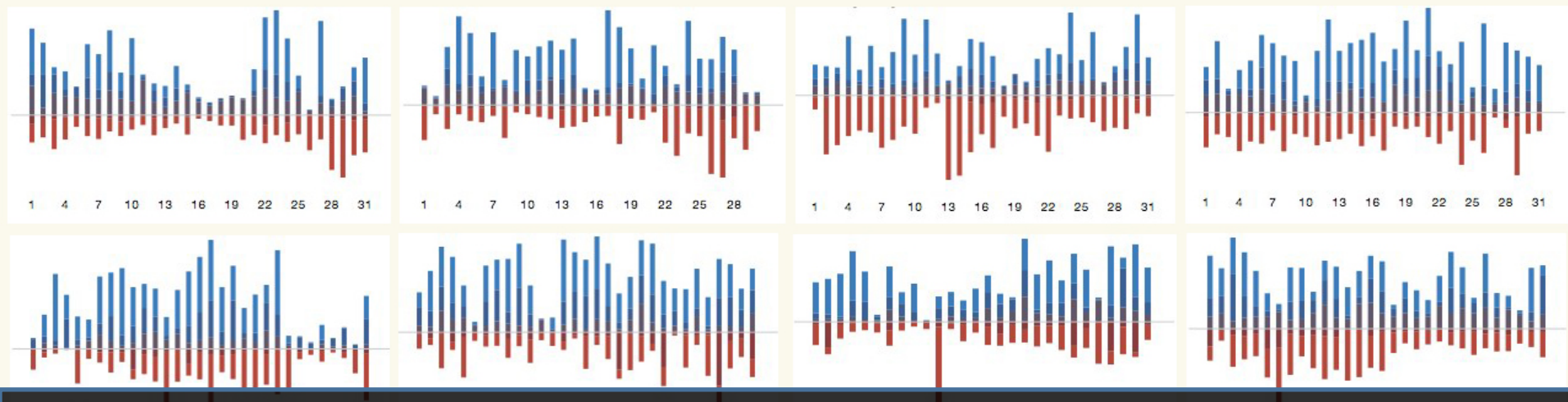


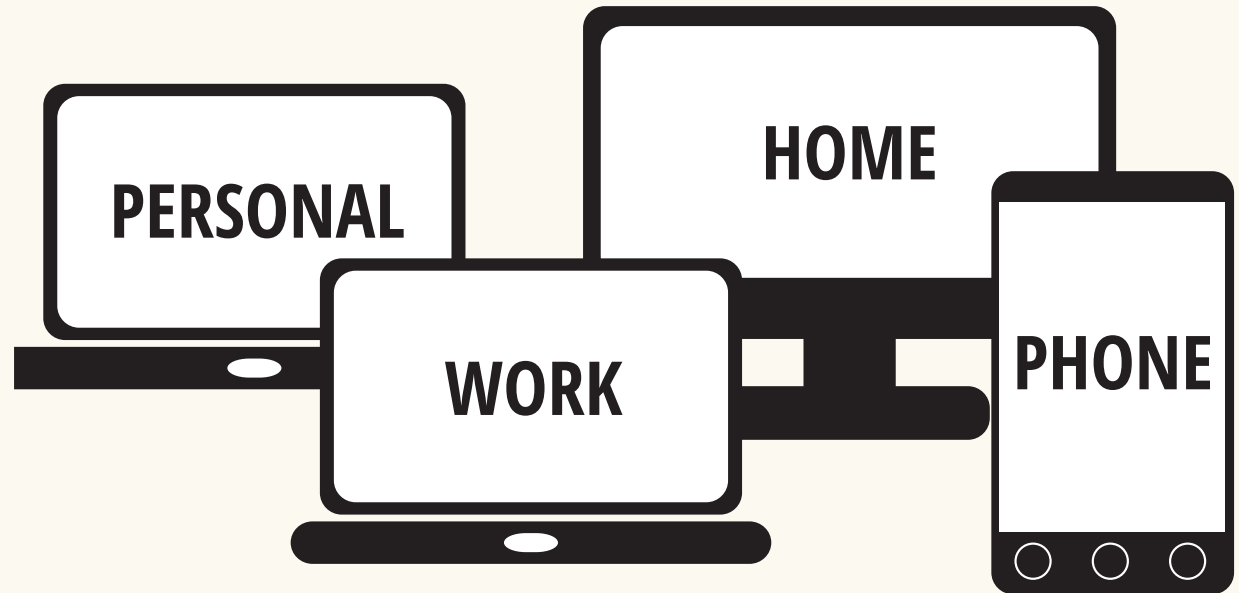
LOOKING AT A SCREEN FOR 8000 HOURS



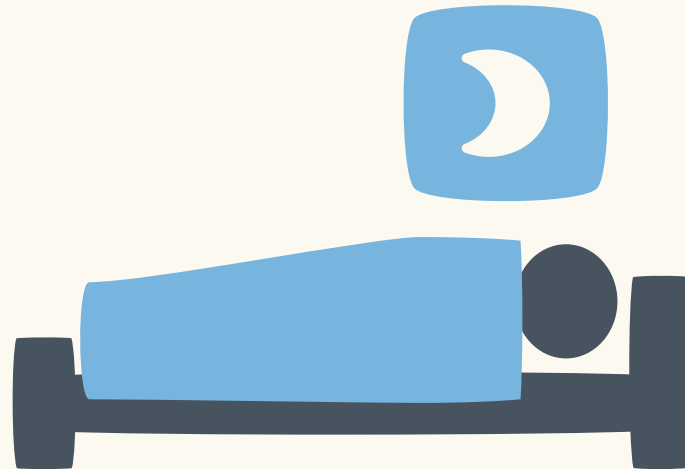
TRACKED MY APPLICATION AND WEBSITE USAGE

FOR SIX YEARS

(GIVE OR TAKE A FEW MONTHS)



WHAT DID I DO?



**MORE TIME
ON COMPUTER**

**THAN TIME
SLEEPING**

WHY DID I DO IT?



WHAT THE HELL DID I DO ALL DAY?!

WHY DID I DO IT?

FOR WEB BROWSERS, THE DOMAIN
IN THE CURRENT TAB IS TRACKED

The image shows a web browser window with several tabs open: 'QS Quantified Self | Self K...', 'Facebook', 'reddit: the front page', 'Hacker News', and 'RescueTime - Voice C...'. The active tab is 'quantifiedself.com'. The website header features the 'QS Quantified Self' logo with the tagline 'self knowledge through numbers' and a search bar. Navigation links for 'ABOUT', 'VIDEOS', and 'FORUMS' are visible, along with social media icons for Twitter, Facebook, LinkedIn, and Google+. The main content area displays an article titled 'A Quantified Self' posted on September 18, 2013. The article text includes: 'Earlier this summer we found out "innovative ideas to harness info a great opportunity to propose a Festival. The idea of the festival discovery, both individually and Traditionally, research questions choose which health measures of expert advice. We'd like to he to define what they'd like to trac making knowledge. (A guiding p their own data.) We'd love your feedback. You c challenge website. While you're inspiration and we're excited to'. Below the article is a 'Share this:' section with a Twitter icon. Overlaid on the browser is an 'In-Memory Database' window. The window has a toolbar with icons for 'Design', 'Data', 'SQL', 'Verify', 'Analyze', 'Chart', 'Vacuum', 'Log', and 'Settings'. The main area contains a SQL query:

```
SELECT AVG(duration/60/60)
FROM rescuetime
WHERE date > '2013-01-01'
AND strftime('%w', date) IN ('0','6','3','4','5');
```

 On the right side of the window are buttons for 'Execute', 'History', and 'Plan'. The bottom of the window shows the query result:

```
AVG(duration/60/60)
9.77127659574468
```

 At the very bottom, a status bar indicates '1 row and 1 column in 0.142 sec'.

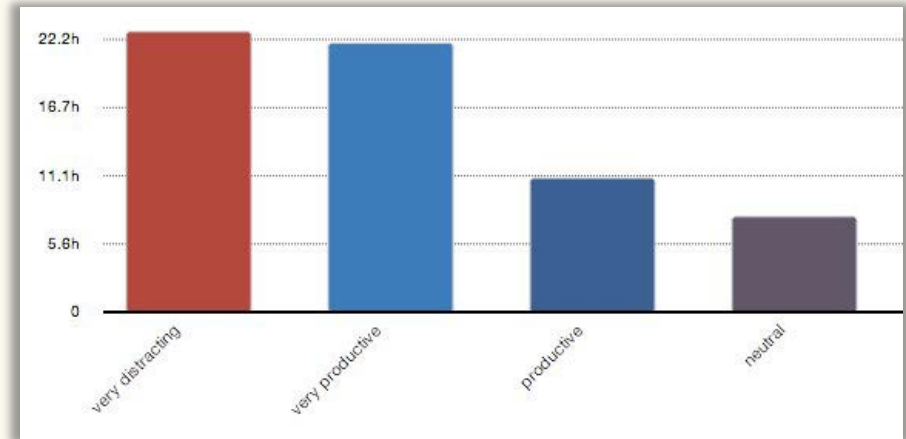
KEEPS A RECORD OF THE CURRENTLY
FOCUSED APPLICATION

HOW DOES IT WORK?

CATEGORIES



“PRODUCTIVITY RANK”



WHAT DID I DO?

8,300
HOURS

AVERAGE DAY
9.77 HOURS

20% SOFTWARE
DEVELOPMENT

15% COMMUNICATION

10% NEWS & OPINION

WHAT DID I LEARN?

HAVING A DOCUMENT IS POWERFUL



**I TOTALLY WORK
WAY TOO MUCH**



**BUT AT LEAST I'M
DOING FUN STUFF!**

WHAT DID I LEARN?



3MIN
7x/DAY

2MIN
8x/DAY

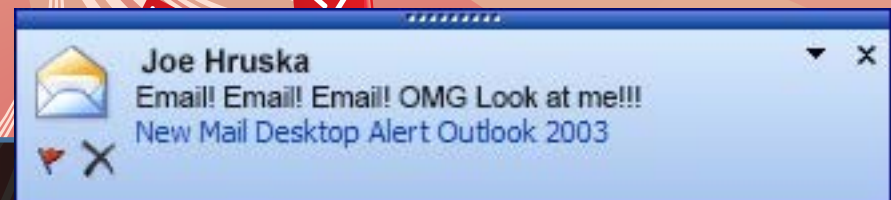
6MIN
4x/DAY

4MIN
8x/DAY

I FIGURED OUT WHERE THE MISSING TIME WENT

WHAT DID I LEARN?

BIGGEST TIME SUCK: EMAIL



WHAT DID I LEARN?

BIGGEST TIME SUCK: EMAIL



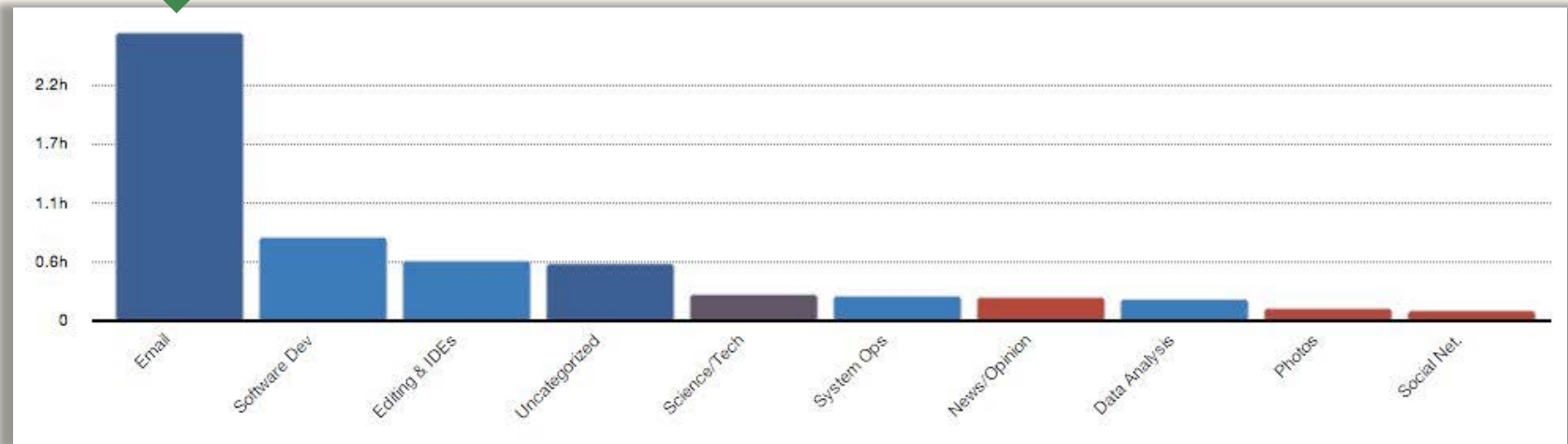
WHAT DID I LEARN?



THIS IS WHY I'M A WORKAHOLIC

WHAT DID I LEARN?

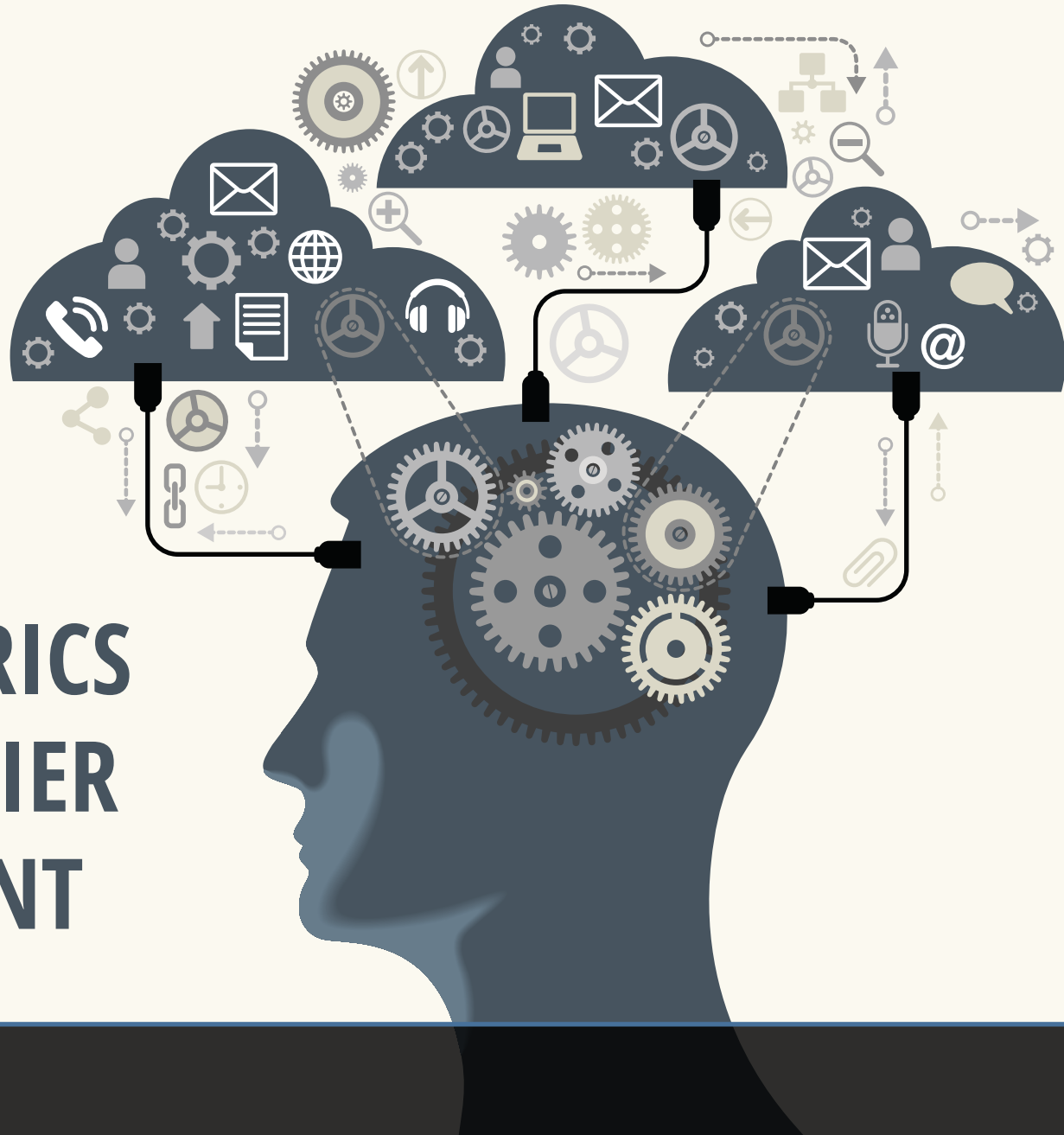
43% OF MY TIME IN EMAIL!



N00000000000!!!!

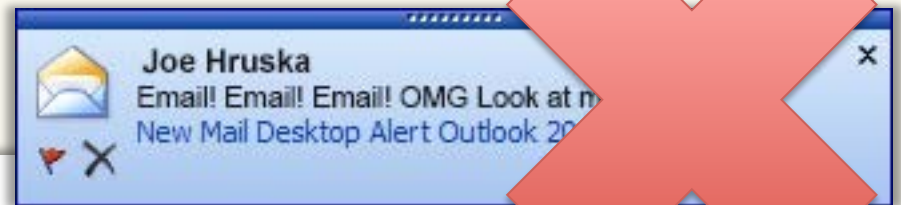
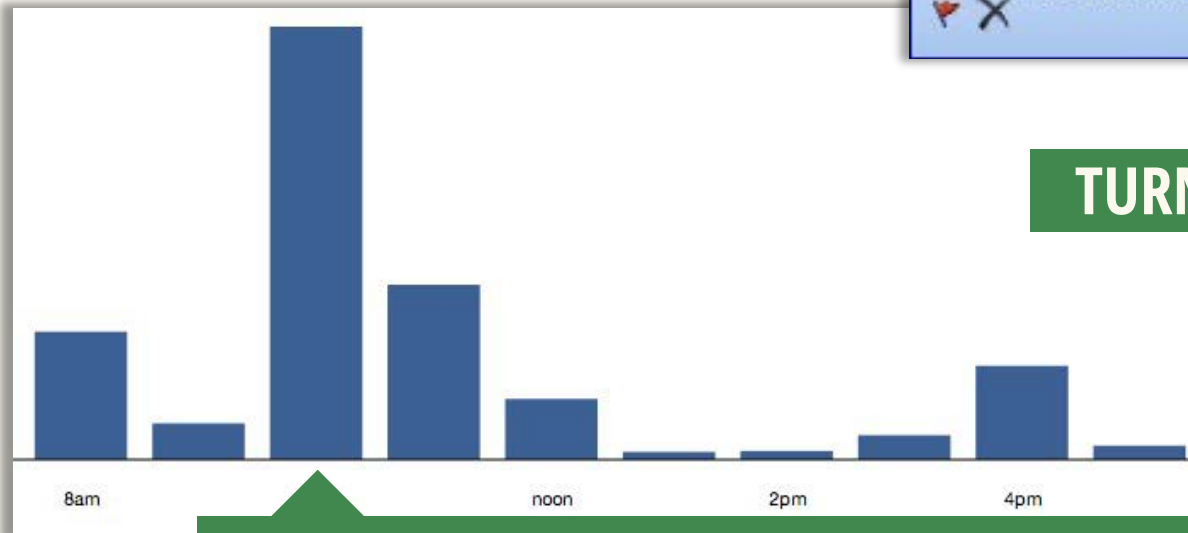
WHAT DID I LEARN?

HAVING METRICS MAKES IT EASIER TO EXPERIMENT



WHAT DID I LEARN?

SOME EXPERIMENTS I TRIED

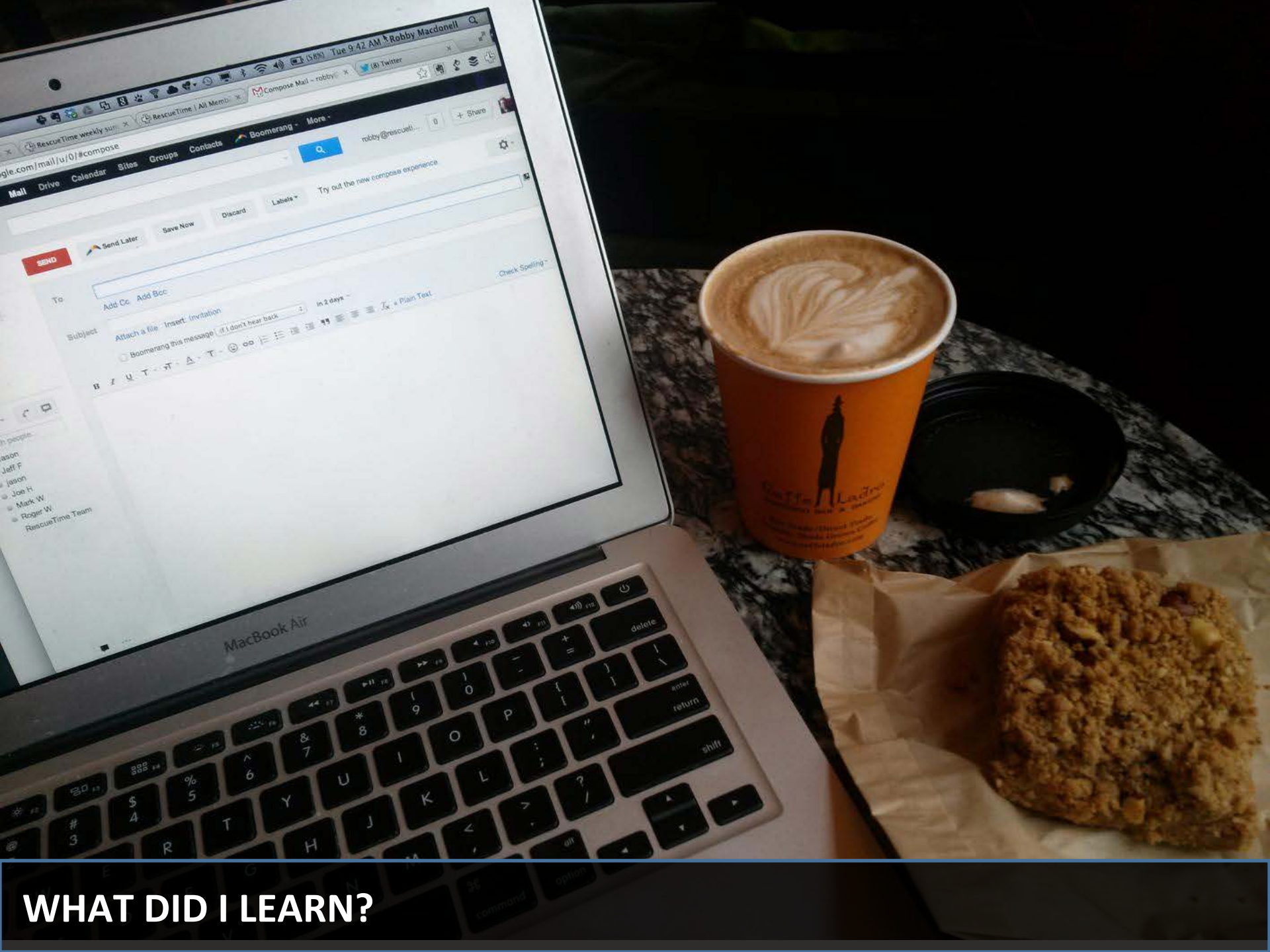


TURN OFF NOTIFICATIONS

10AM LIMIT EMAIL TO SPECIFIC TIMES

RESULT: 6 HOURS LESS EMAIL PER WEEK!

WHAT DID I LEARN?



WHAT DID I LEARN?

**PHONES HAVE
SCREENS
TOO!**

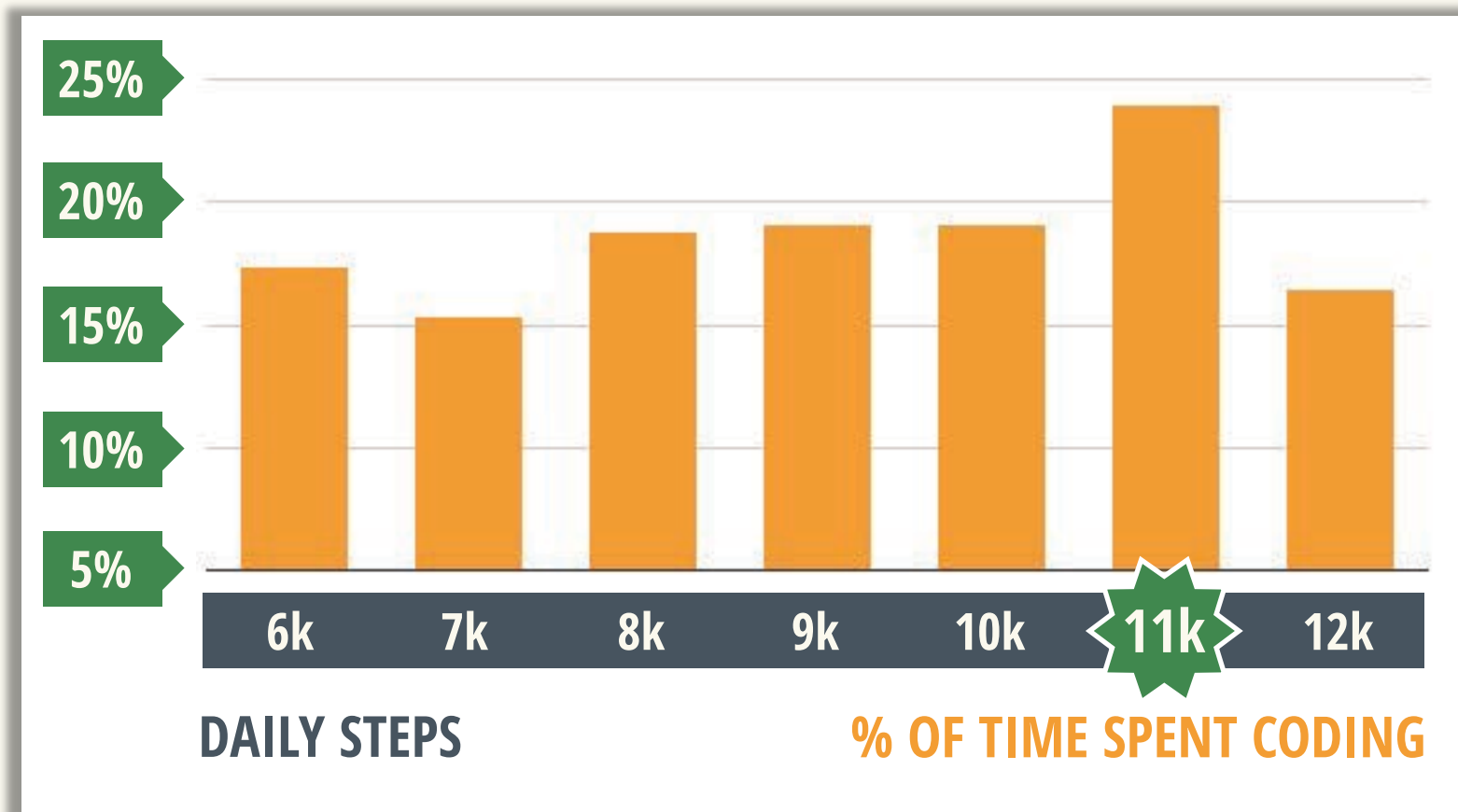
**AVERAGE
2.7 HOURS
PER DAY**

MOSTLY SMALL CHUNKS



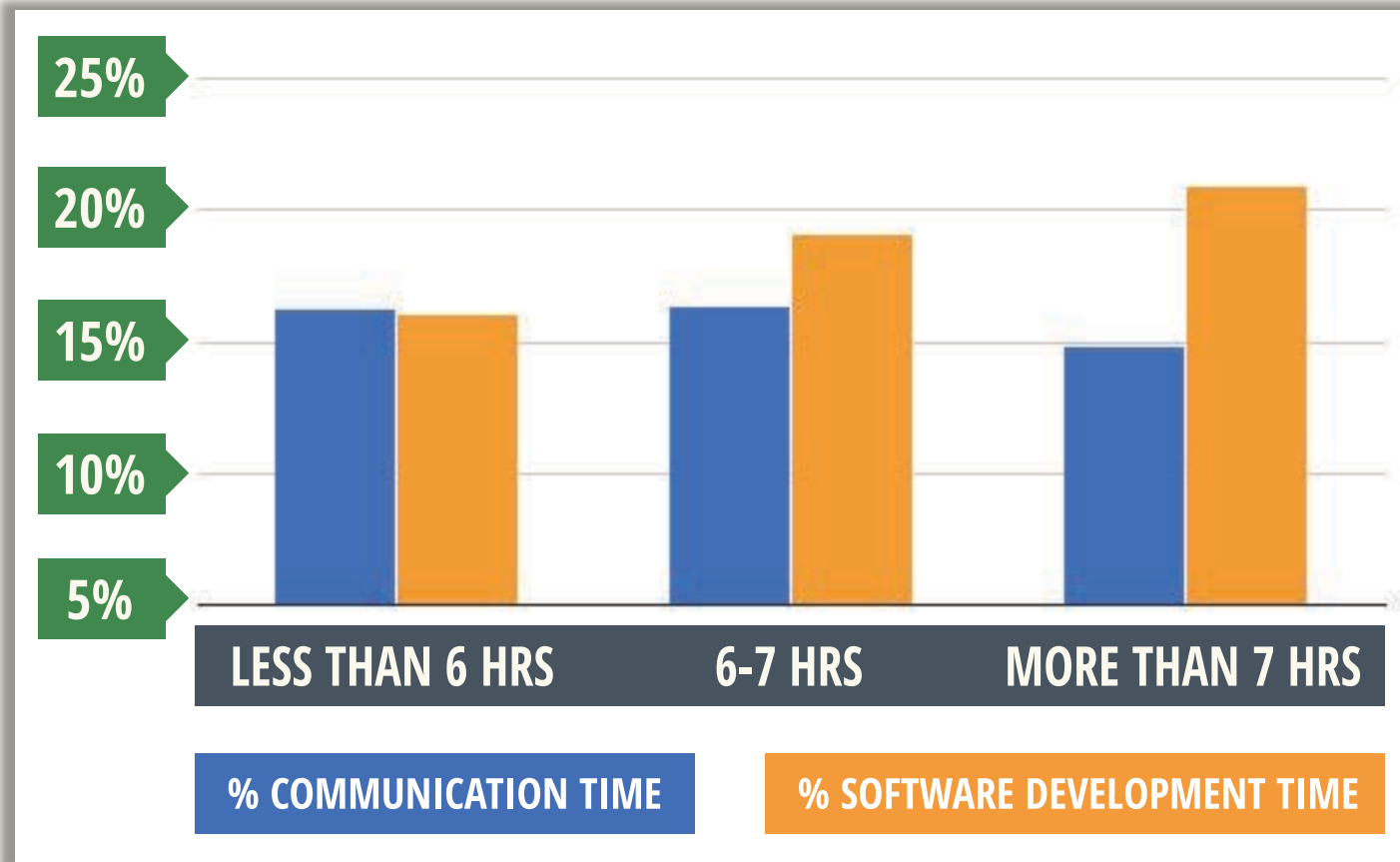
WHAT DID I LEARN?

FITBIT STEP COUNT VS. RESCUETIME



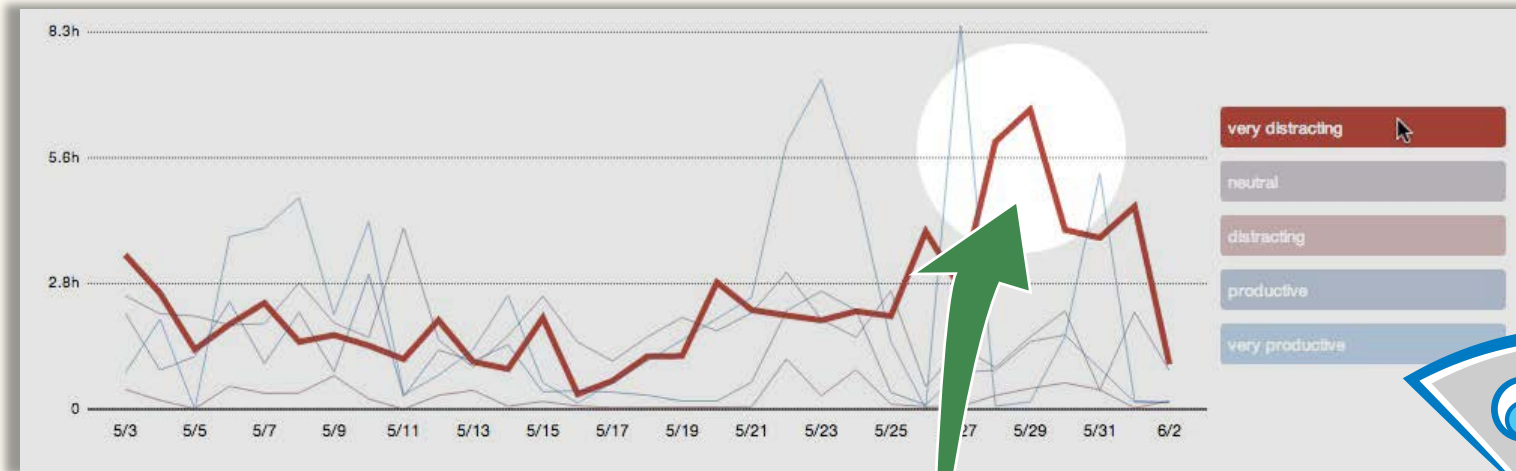
WHAT DID I LEARN?

SLEEP VS. COMPUTER TIME



WHAT DID I LEARN?

AUTOMATIC LOGGING REVEALS UNANTICIPATED INSIGHTS



WHAT'S GOING ON HERE!?



WHAT DID I LEARN?

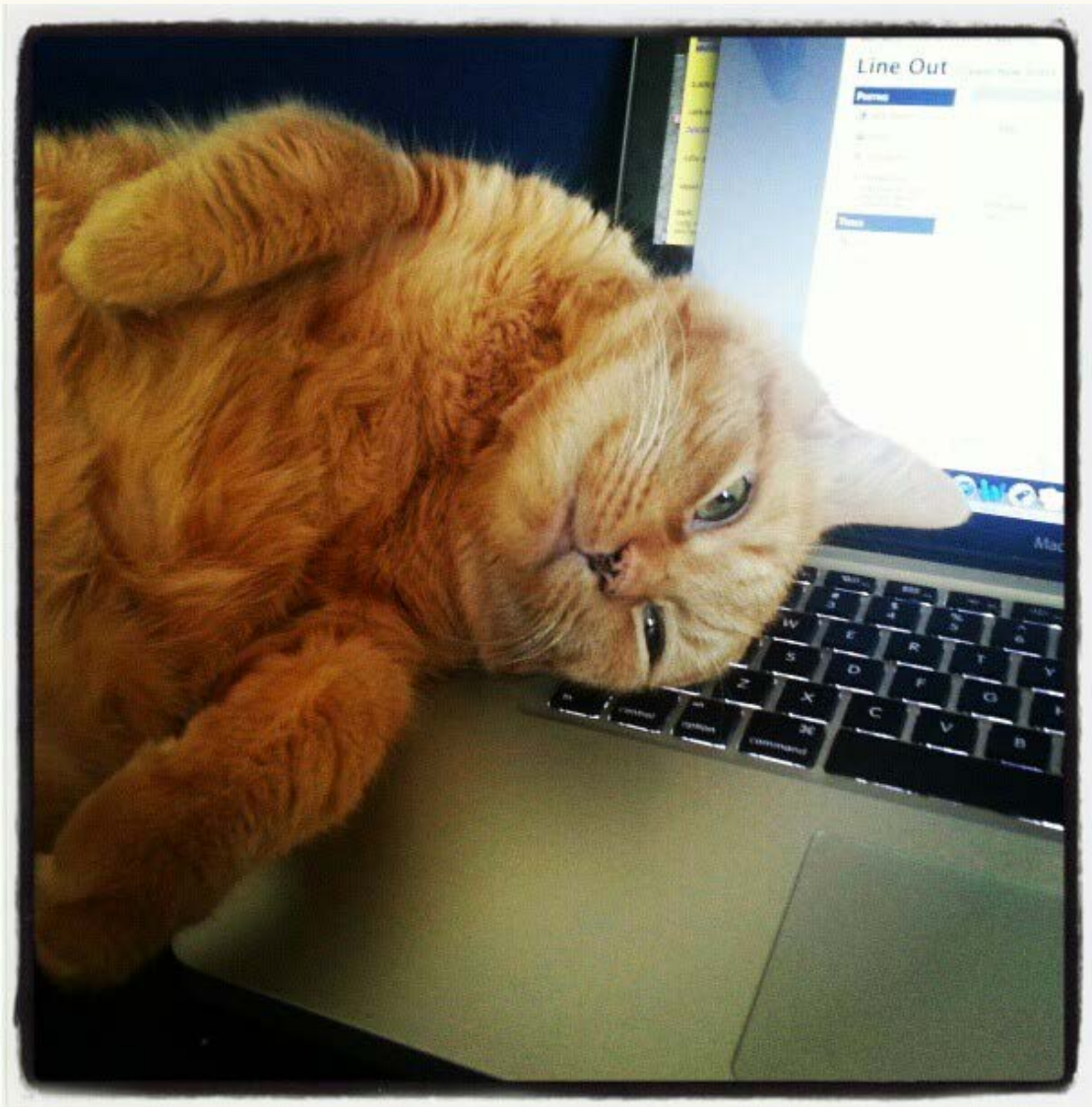
**THIS IS MY CAT.
AT THE VET.
HATING ME.**



**LEADING TO
HOURS OF THIS**



WHAT DID I LEARN?



WHAT DID I LEARN?

THE REALLY IMPORTANT QUESTION

WHAT KIND OF RELATIONSHIP DO I WANT WITH MY TIME?



WHAT DID I LEARN?

THANKS!

@robby1066

www.rescuetime.com

THANKS FOR LISTENING!