

Stop Working

— FROM A —

Prison Cell



**Hi, I'm Chris Michel**

**hatefulcrawdad**



**Santa Cruz**



**“Man must not allow the clock  
and the calendar to blind him to  
the fact that each moment in his  
life is a miracle and a mystery.”**

**—H.G. Wells**



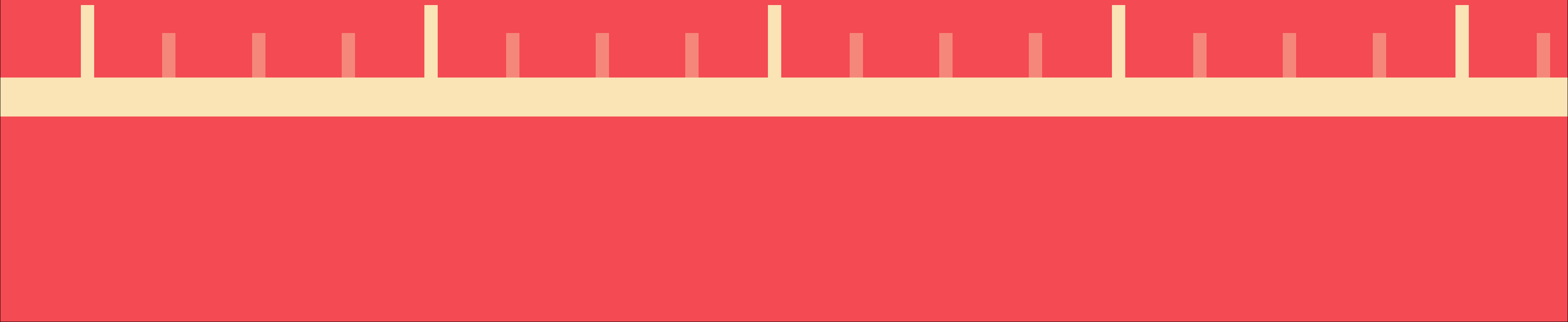
**Income**

**Output**



**Homelife**

# A Brief History of Work

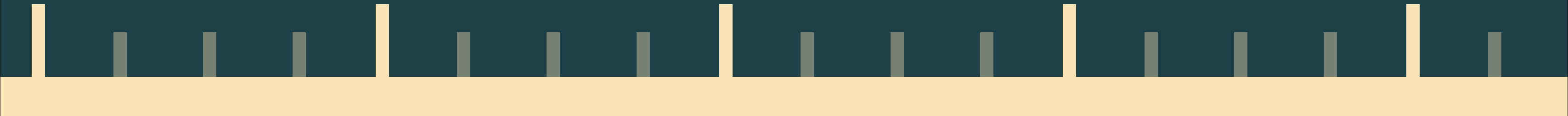
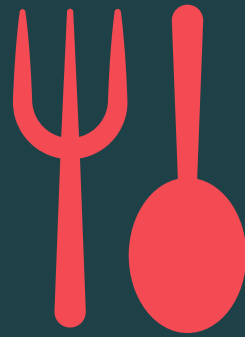




# Hunter Gatherer



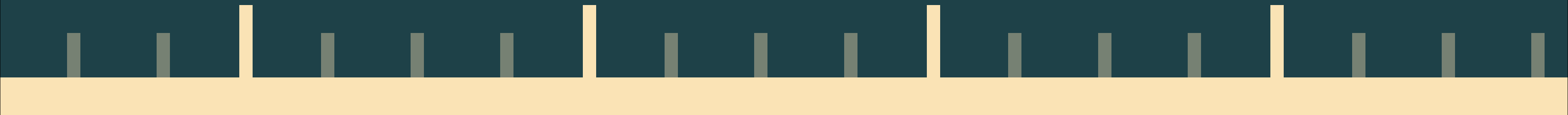
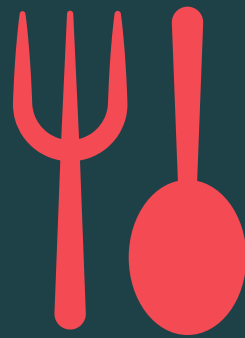
# Hunter Gatherer



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# Hunter Gatherer



**More Work = More Things**

# Agricultural Revolution



# Agricultural Revolution



# Industrial Revolution





**Minimal energy output for return**

# Age of the Developer



# Internet/2000s

**WWW**

**|**

**We have a job we love**



**We have a job we love**



**We have the upper hand**

**D**

**We all have a  
different balance**

**You are in control  
of your balance**

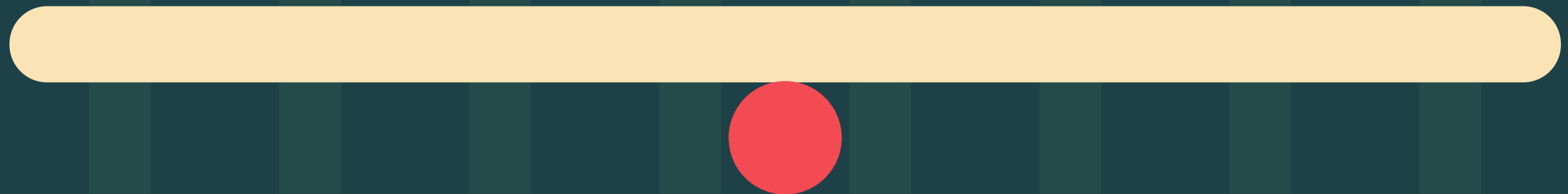


**Choice = Freedom**

**Say “No” more often**

# The iWorld

# Tips on Achieving Balance



1

**Identify Your Priorities**



**Track Your Time**

3

**One Thing at a Time**



**Schedule Happy Time**





**Private Time**



**Vacation**



**Ask for Support**



# Exercise



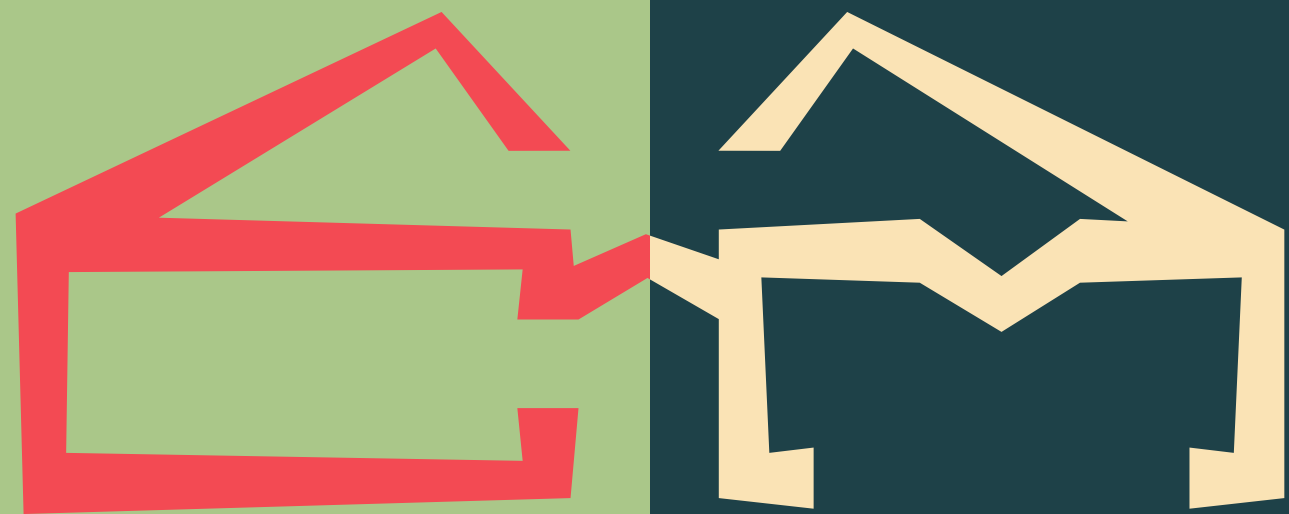
# Set Boundaries

10

**Know Your Rhythm**

# How I Balance







# Tools I Use

# Tools I Use



# Tools I Use



# Tools I Use



# Tools I Use



# Outside of Work





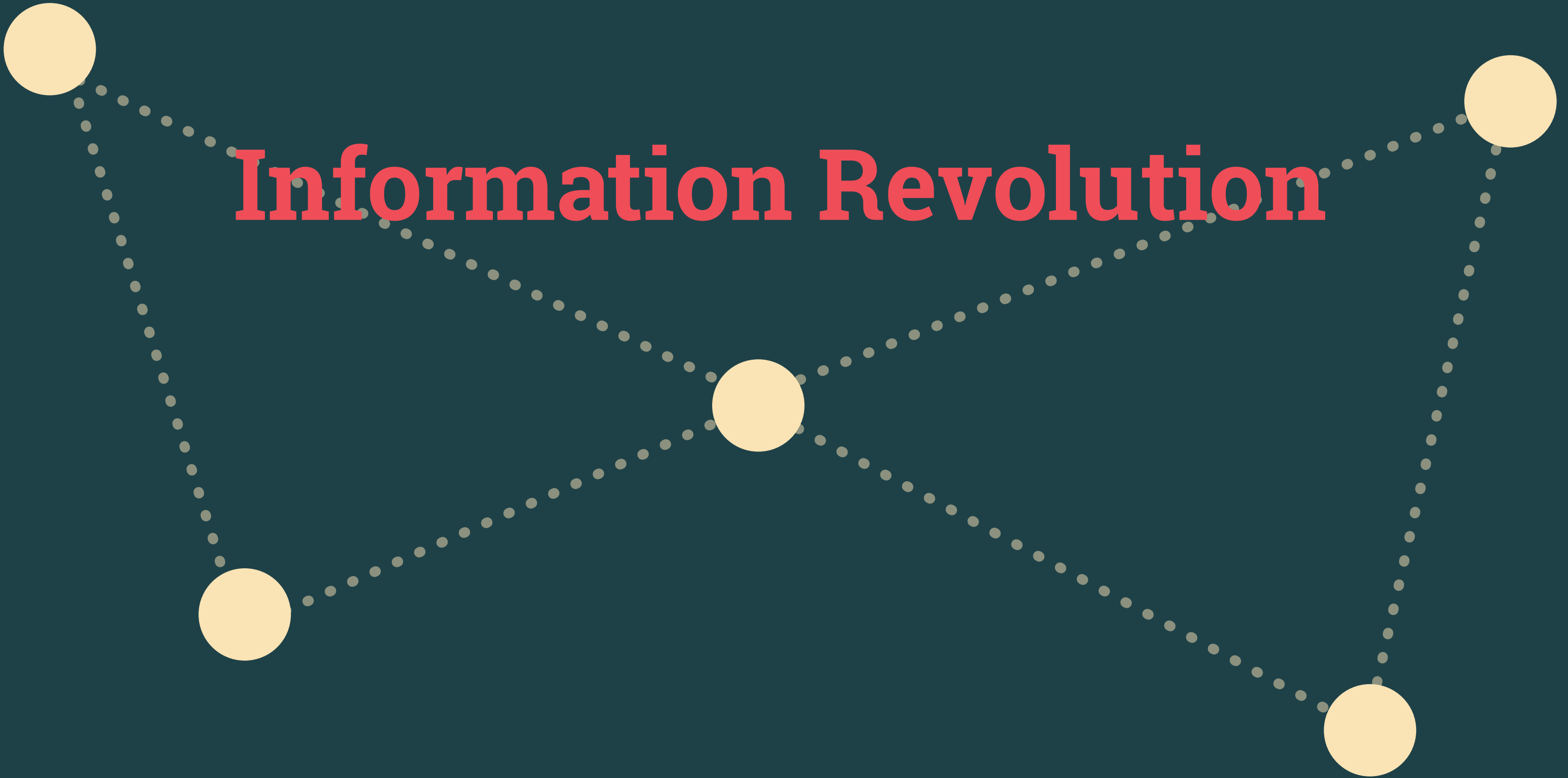


Sache

[www.sache.in](http://www.sache.in)

# Work of the Future

# Information Revolution



# Remote



# Remote



# Holacracy

**Stay inspired**

**It's up to you!**



**Thanks!**