

An Annual Report

Chicago Quantified Self Meetup
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January 27, 2016

Part 1: The Concept

“[...] what was at stake in all philosophizing hitherto was not at all ‘truth’ but rather something else—let us say health, future, growth, power, life. . .”

–Freidrich Nietzsche, *The Gay Science*

If Nietzsche can write a “gay/cheerful science” which takes growth as its object and playfulness as its strategy, can we too write a “gay data science”?

In other words, how do we sort through all the strategies available in QS to best foster intentional living?

Year 1: The Year of Awesome (2014)

Goal: fostering anything self-evidently awesome



Year 2: The Year of Exuberance (2015)

Goal: fostering abundance, mindfulness, and flow states

“[...] anguish for its part signifies the absence (or weakness) of the pressure exerted by the exuberance of life. Anguish arises when the anxious individual is not himself stretched tight by the feeling of superabundance. [...] Anguish is meaningless for someone who overflows with life, and for life as a whole, which is overflowing by its very nature.”

-Georges Bataille, *The Accursed Share*

What does intentionality mean?

Positive program: what conditions determine the best version of myself?

- Intellectual Engagement: skill-building in data science and my career
- Physical Activity: CrossFit, biking, skating, rockclimbing...
- Creative Expression: fiction writing and coding
- Community: primary relationships and the burner community as well as various other friendships

What does intentionality mean?

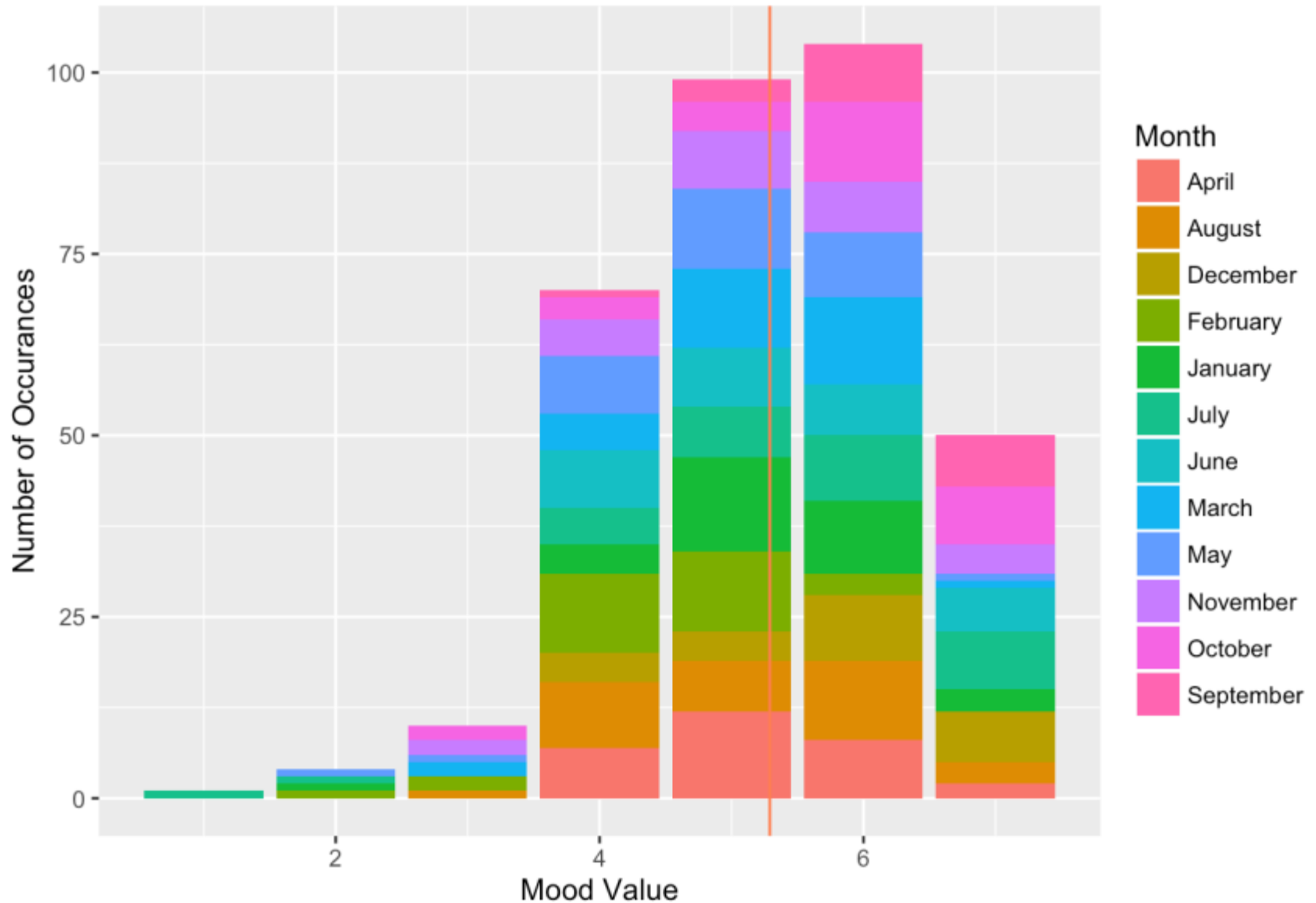
Negative program: What makes me feel like I'm acting out of necessity instead of choice?

- Mitigating anxieties, depression, fears, and compulsive behavior (most notably surrounding finances)
- Method: meditation practice and weekly therapy. A rigorous morning routine of journaling, meditation, and writing or coding also helps “win the day”

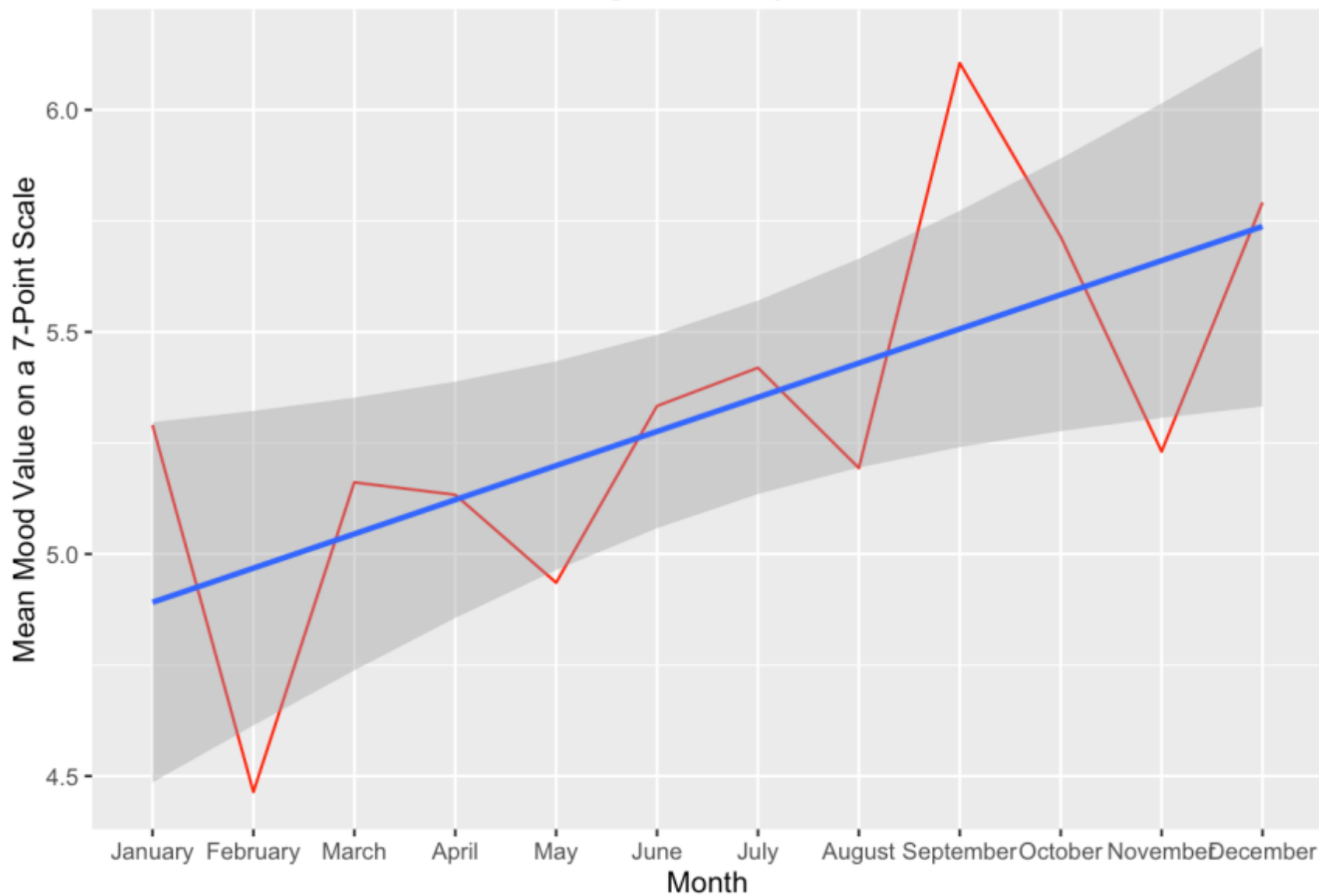
Part 2: The Dataset

- Affect (340 obs)
 - Mood
 - Energy
 - Comment
- Behaviors (15 total variables, 365 obs)
 - Meditation
 - Exercise
 - Alcohol consumption
 - Journaling
 - Creative activity
- TV Consumption
- Sleep
- Financial (11 total variables, 28 obs)
 - Principal invested
 - Net worth
 - Target savings

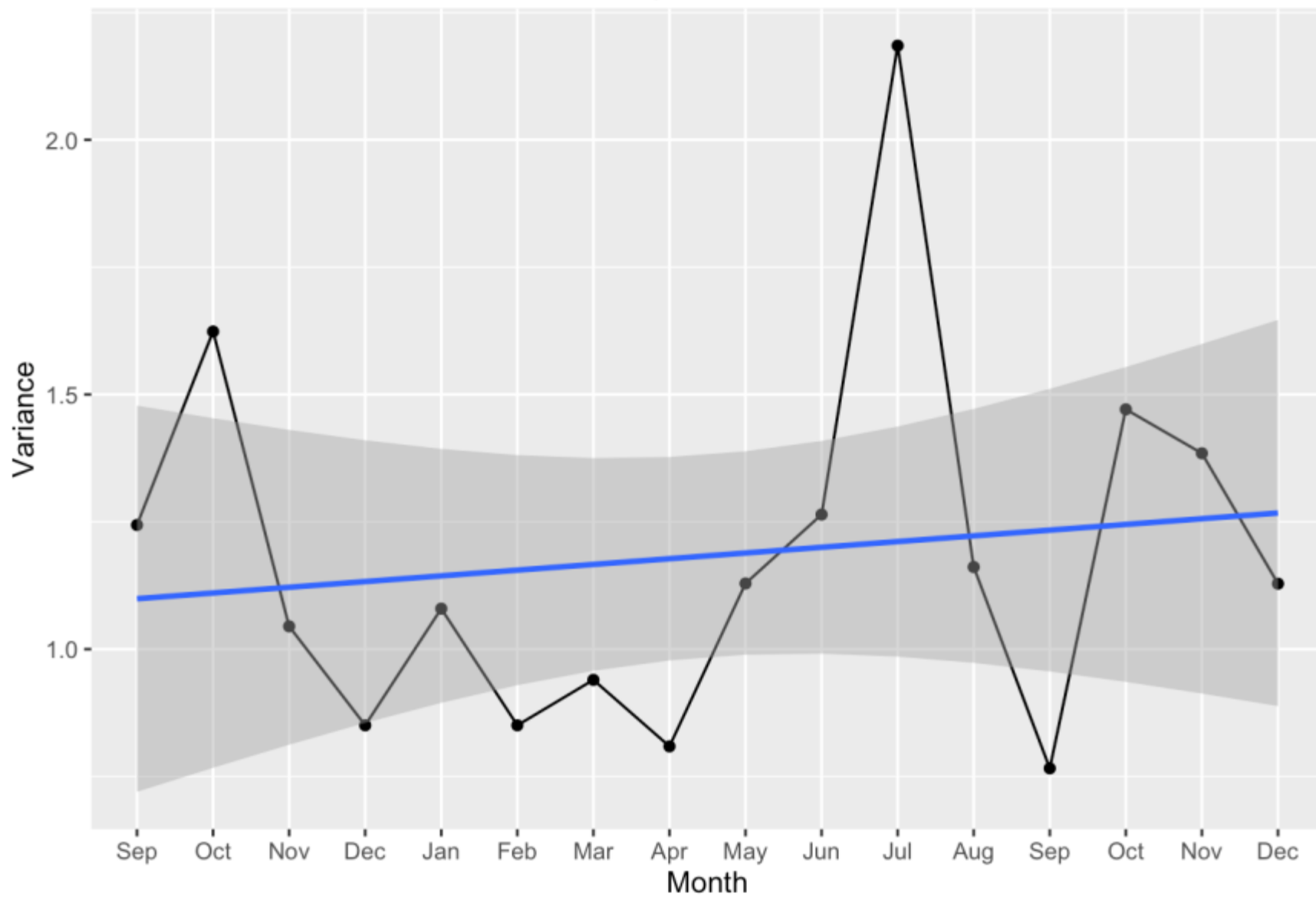
Mood Distribution by Month YOE



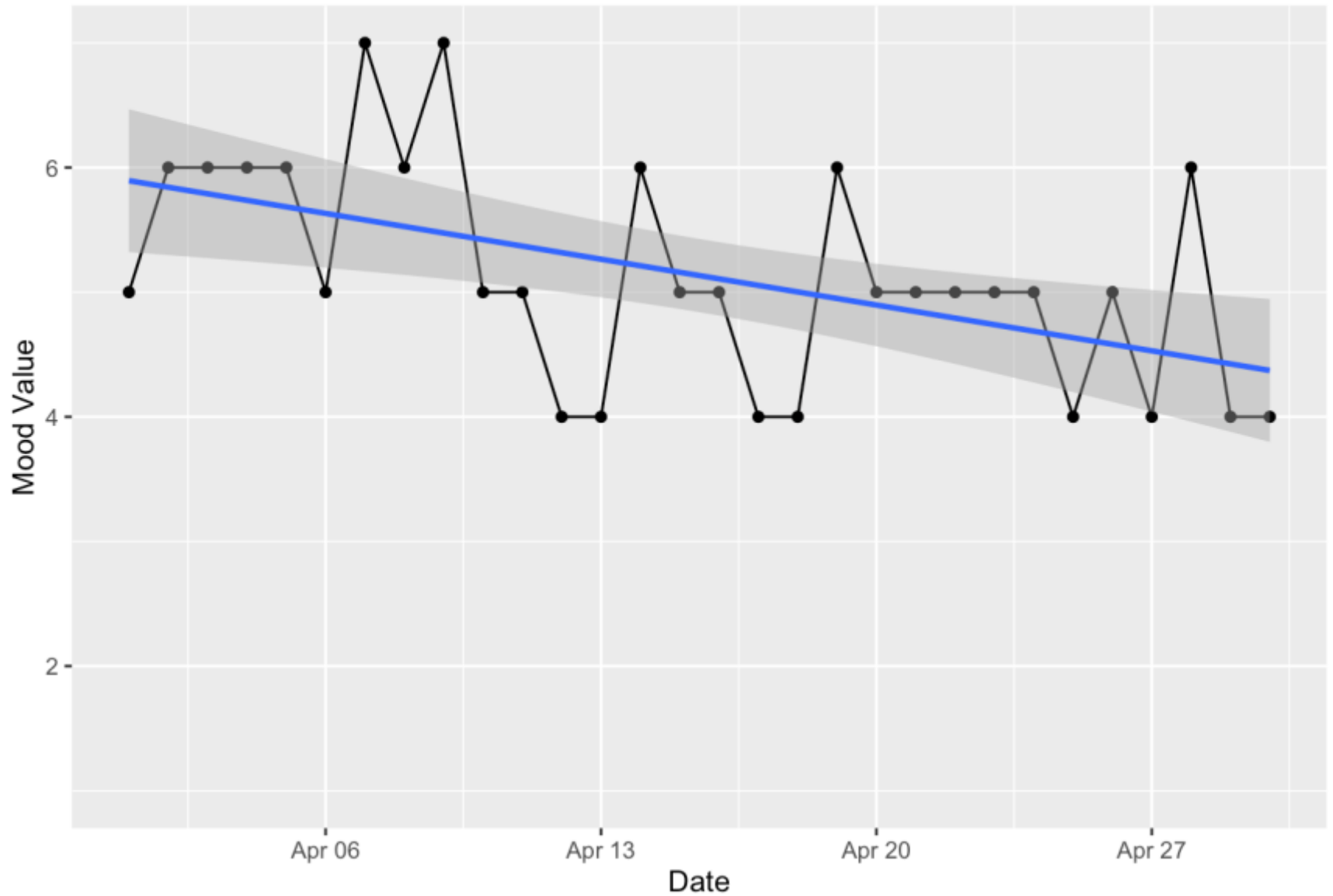
Average Mood by Month



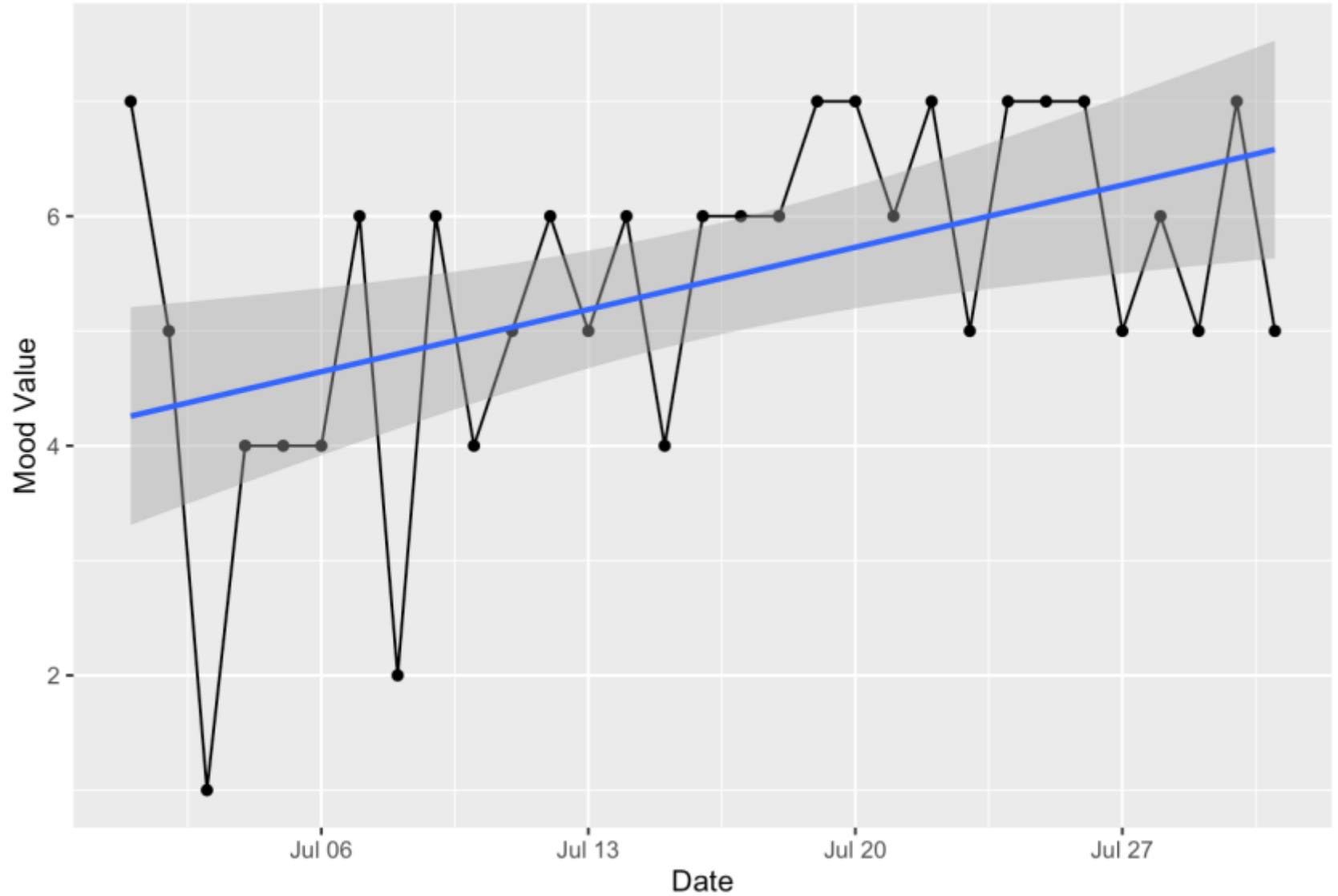
Variance in Mood by Month for YOA and YOE



Mood in April (Lowest Variance Month with Full Data)

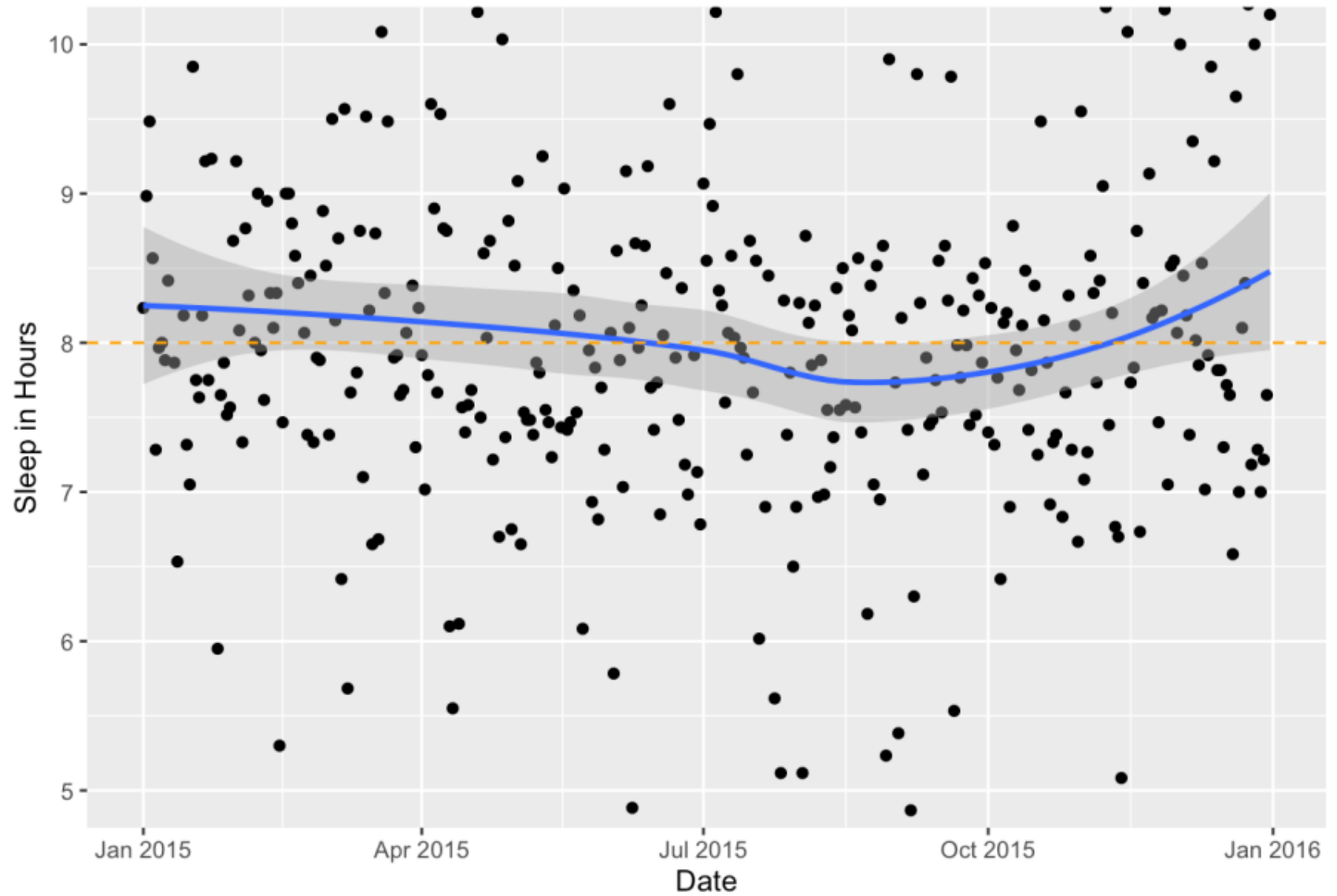


Mood in July (Highest Variance Month)

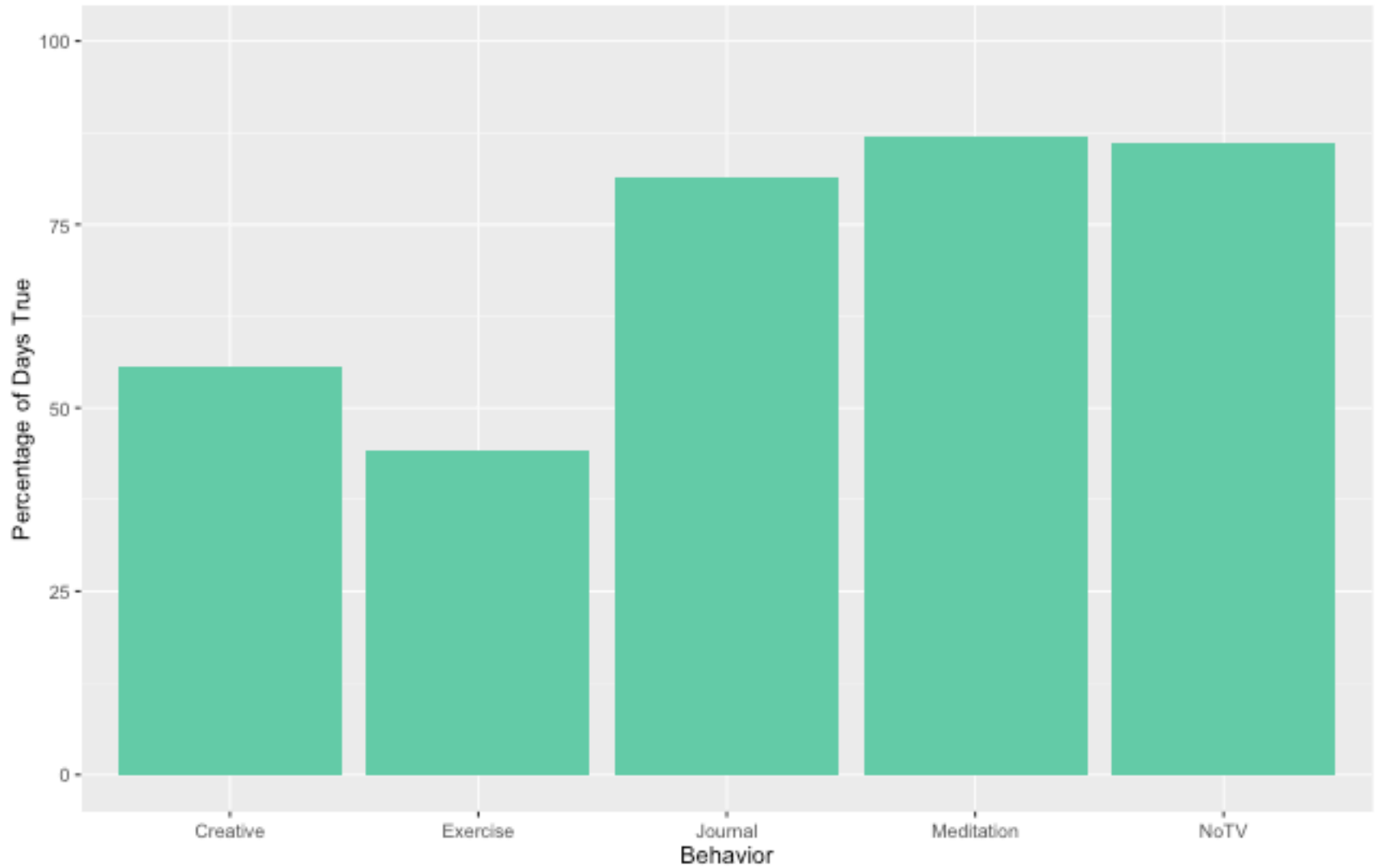




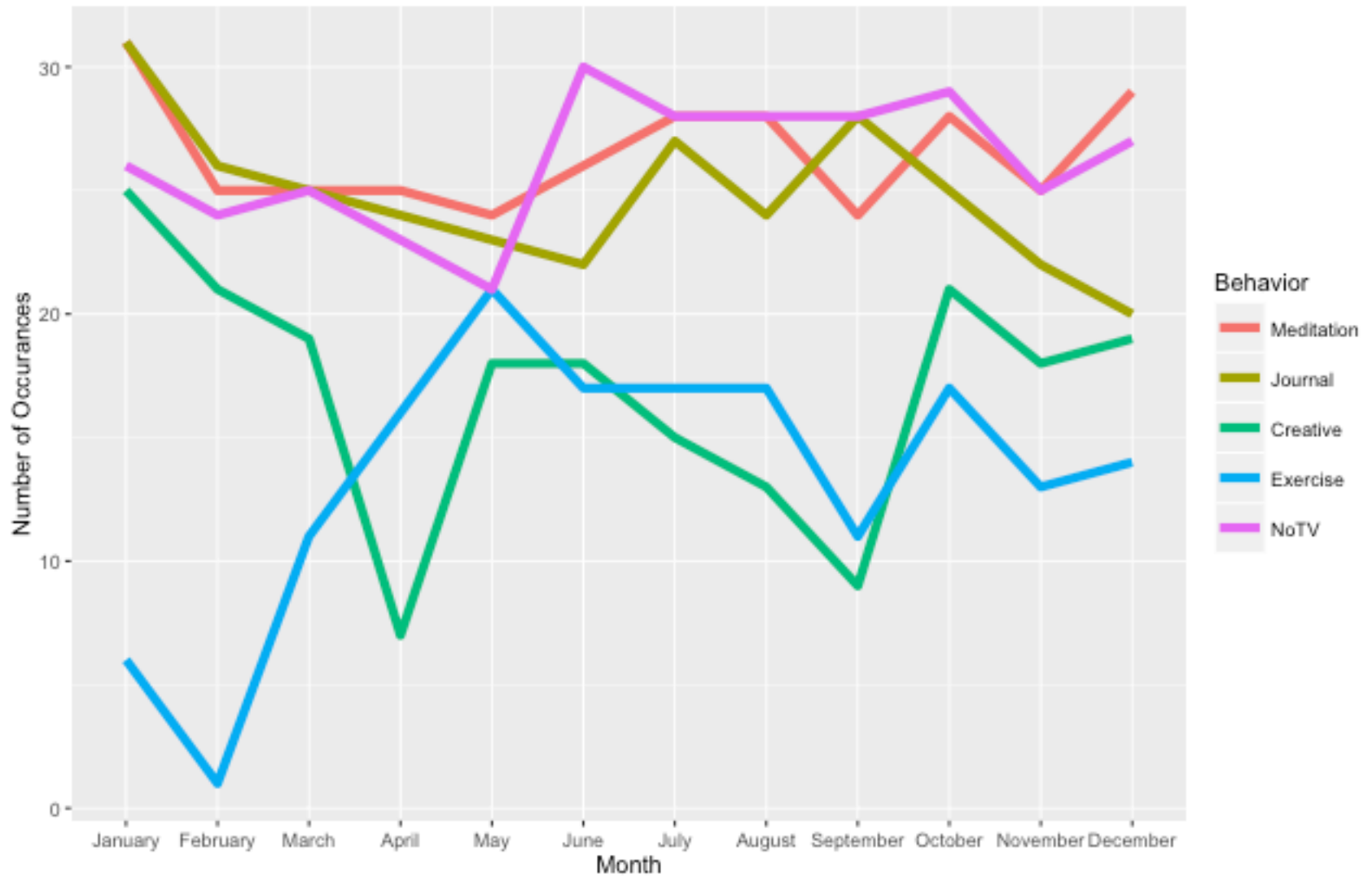
Sleep in YOE



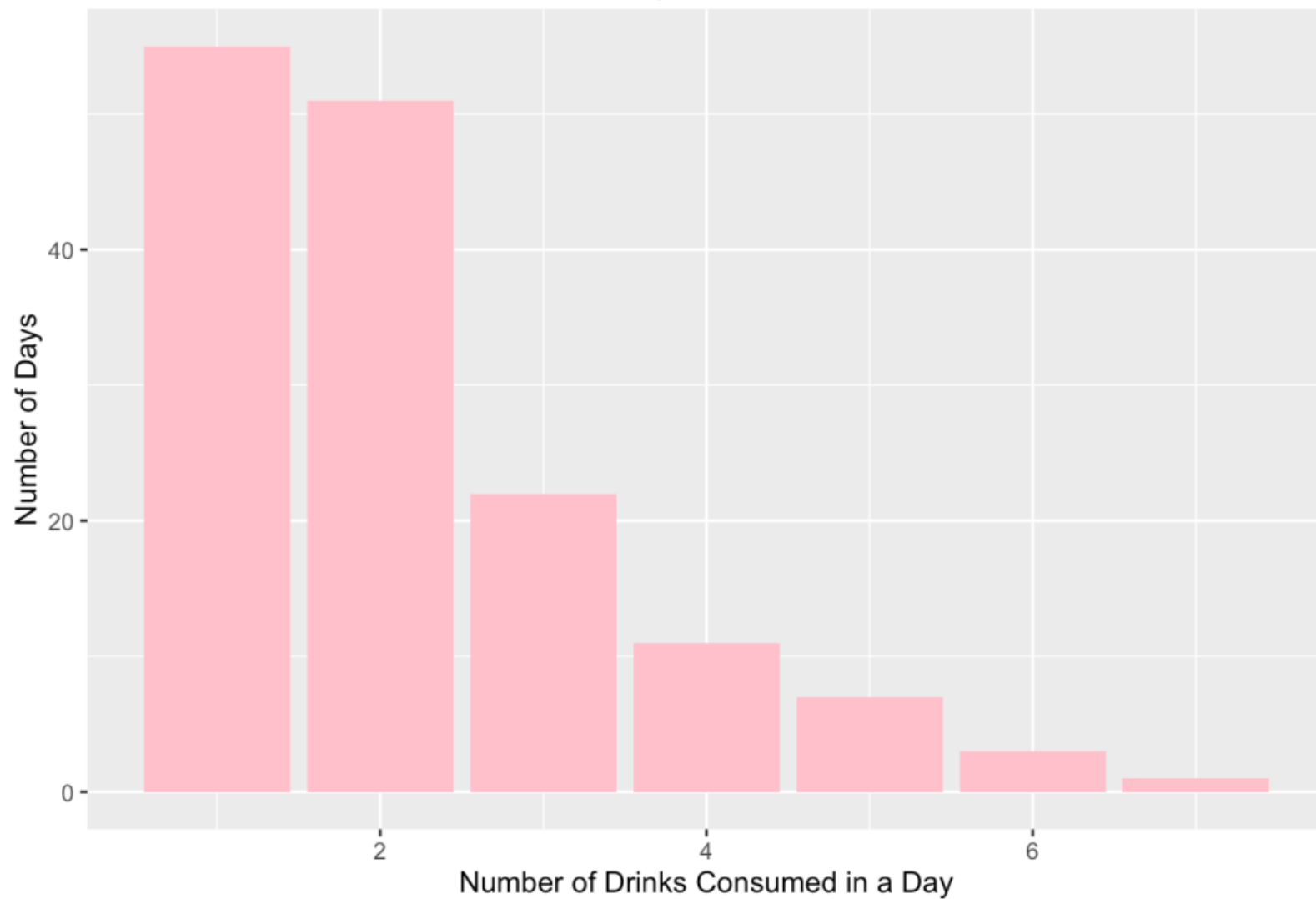
Behavior by Percent Days True



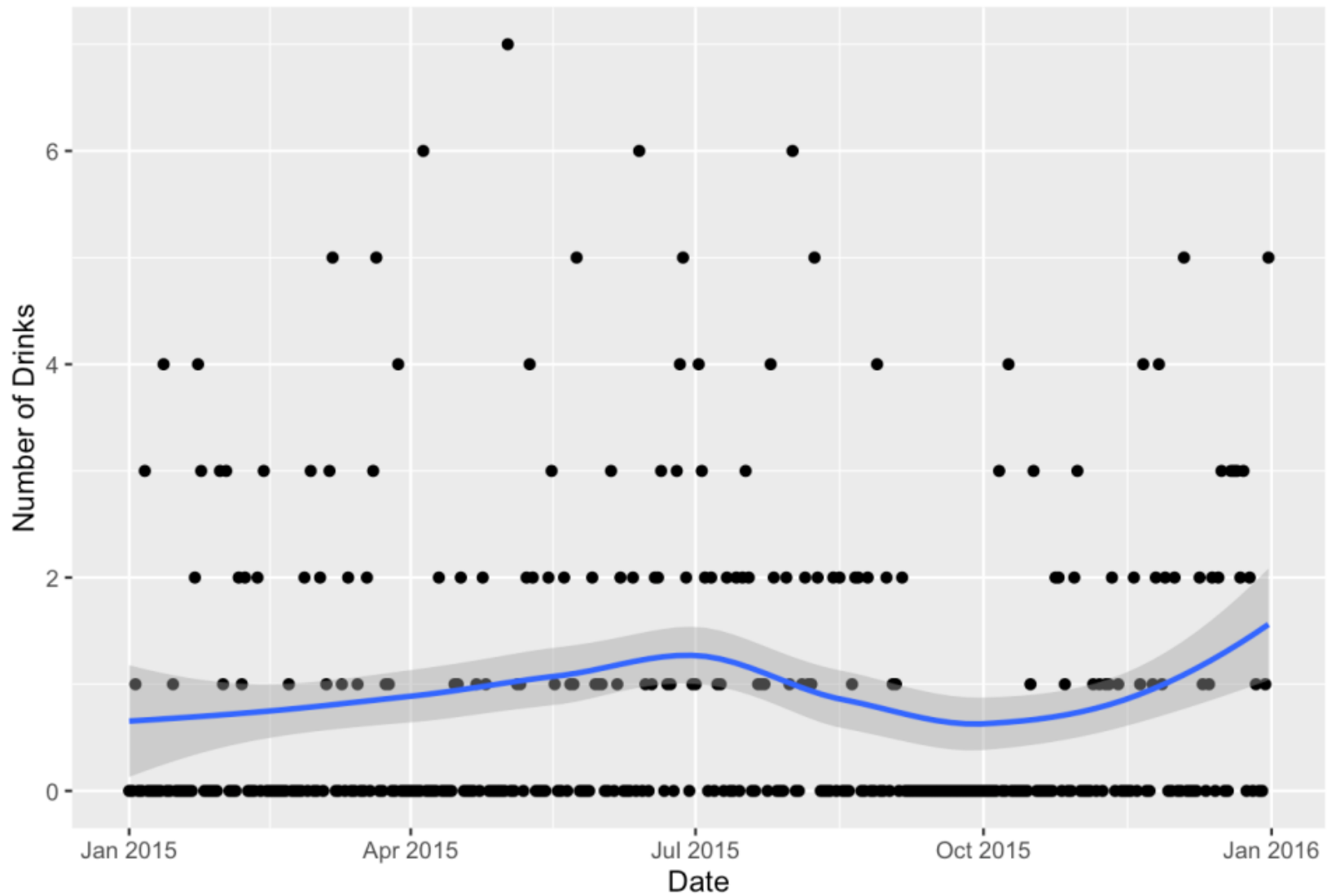
Behaviors by Month



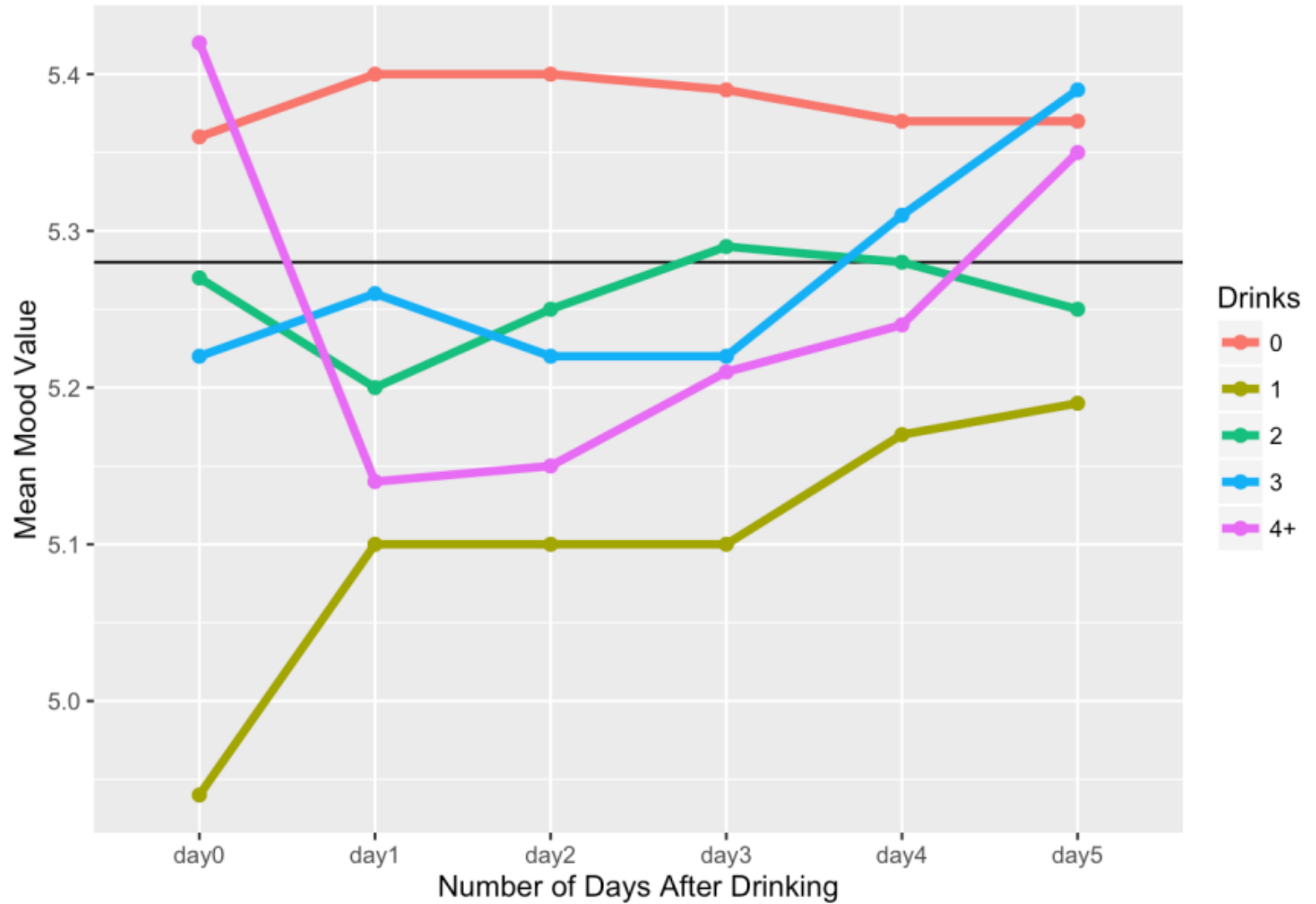
Number of Drinks per Day when Alcohol was Consumed



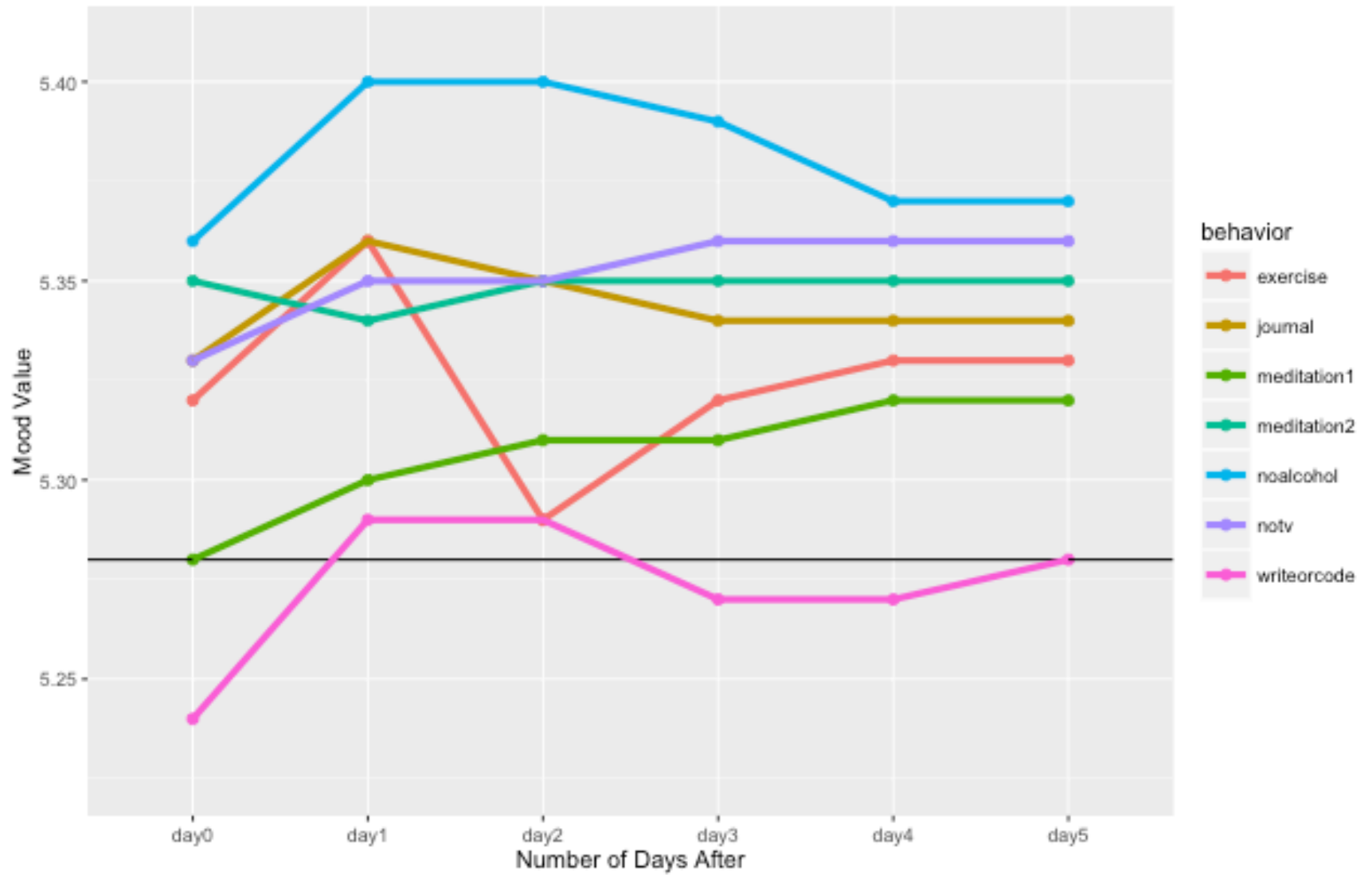
Booze Consumption



Average Mood by Number of Days After a Given Number of Drinks



Mood by Number of Days After a Given Behavior



Stay in touch!

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