

Making **80,000+** teams
more efficient including
those at **Apple, Airbnb, Disney...**

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Meta-programming for Swift, stop writing
boilerplate code.



144 Contributors



The Art of a Balanced Life

by Krzysztof Zabłocki



The Art of a Balanced Life

The Art of Search for a Balanced Life

- Programming for 27 years
 - Full Time for 17
- Longest break was 10 days
- Worked for 60-80h for the first 13 years of my career
 - FT + Consulting + Open Source
- Avoided lifestyle inflation
 - Crucial as we start to earn more and more money in tech
 - At one point I was spending just **9% of my income** but I had no life
- **Anything but balanced**

The Search for a Balanced Life

When I was in my late 20's I had a year when I was made money that could be considered 'lottery money' in Poland

- Instead of being happy about it, it made me reflect, how did my year looked like?
 - I only remembered a few days in a year that I really enjoyed
 - Everything else was work grind
 - Was I successful ? at work yes, in life? not so much
- I asked myself: What if I earned 30% less money, but had the time to actually enjoy it?

The Search for a Balanced Life

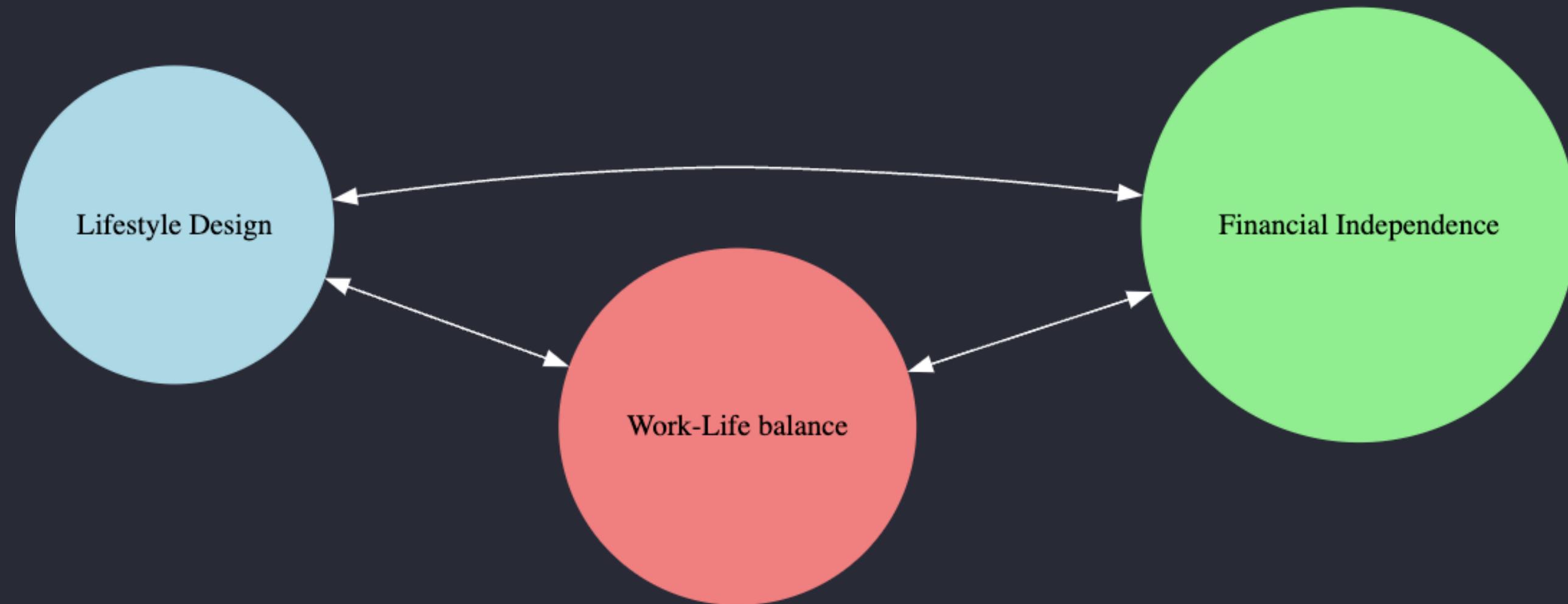
- Left FT in May 2023
- Needed 2 months completely off to recover
- Working around 6h per day
- Indie / Consulting split

The Search for a Balanced Life

- Now I focus on working as efficiently as possible, and spending my other time on people and things I love...
- Rather than working 60-80h per week I work around 30h but really efficiently as I built tools and workflows to enable that over the last decade
- Recently I went to Argentina for 40 days with one of my best friends, it would probably never have happened if I was in my grind mode years



We are going to explore



Preface

We are all privileged

- Tech has a lot higher earning potential than other industries
- Work from anywhere in the world
- Can retire a lot earlier than the gov would like you to
 - If you plan and play your cards right

Lifestyle Design

Lifestyle Design

Consciously planning your life to maximize happiness, well-being, and productivity.

- It includes aspects like work-life balance, time allocation, and pursuit of passion projects.

Lifestyle Design

Easier to think what you don't want

- I don't want to
 - have commute to office
 - let someone control my schedule
 - to be denied vacation
 - miss family events
 - pretend I enjoy working with Toxic People

Lifestyle Design

Prioritize Experiences

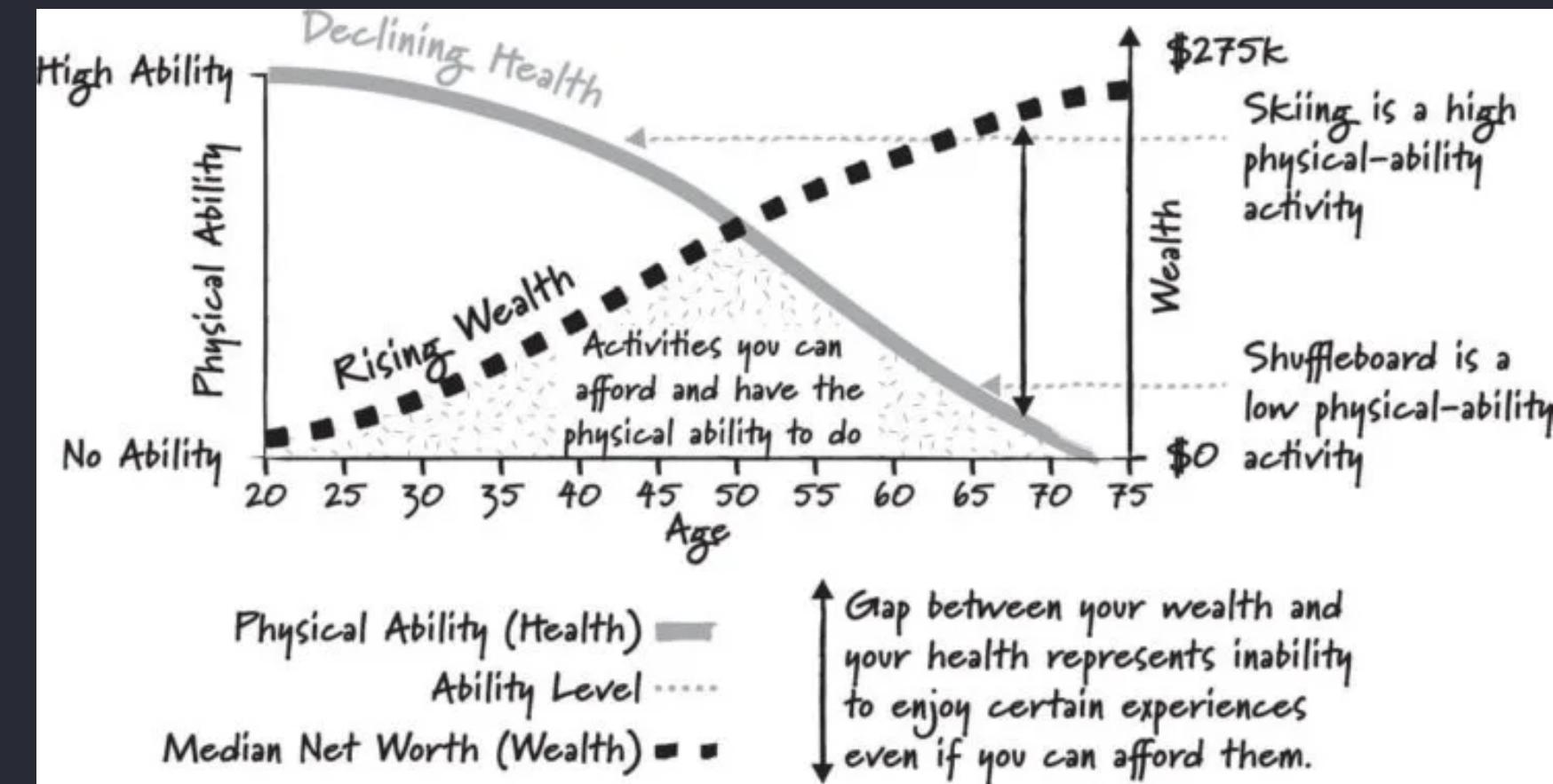
The ultimate aim is to maximize life experiences rather than wealth. Money serves as a tool for these experiences, it's not an end in itself.



Lifestyle Design

Prioritize Experiences

- Just as money has a time value, so do experiences. Some experiences are best enjoyed at specific stages in life.
 - e.g. you can go to Theater or Cinema when you are old but you are most likely won't be jumping from buildings when you are 60y+
- Your health is a diminishing asset. Make sure to factor it into your life experience calculations.



Lifestyle Design

Prioritize Experiences

Experiences can have long-lasting impacts on your well-being and happiness.

What are you more likely to remember 20 years from now?

- That you got an iPhone 15 on day 1?
- Or a trip with your family and friends to some tropical place?

Is your kid going to remember you bought them new laptop or that you didn't have time to play basketball with them?



Lifestyle Design

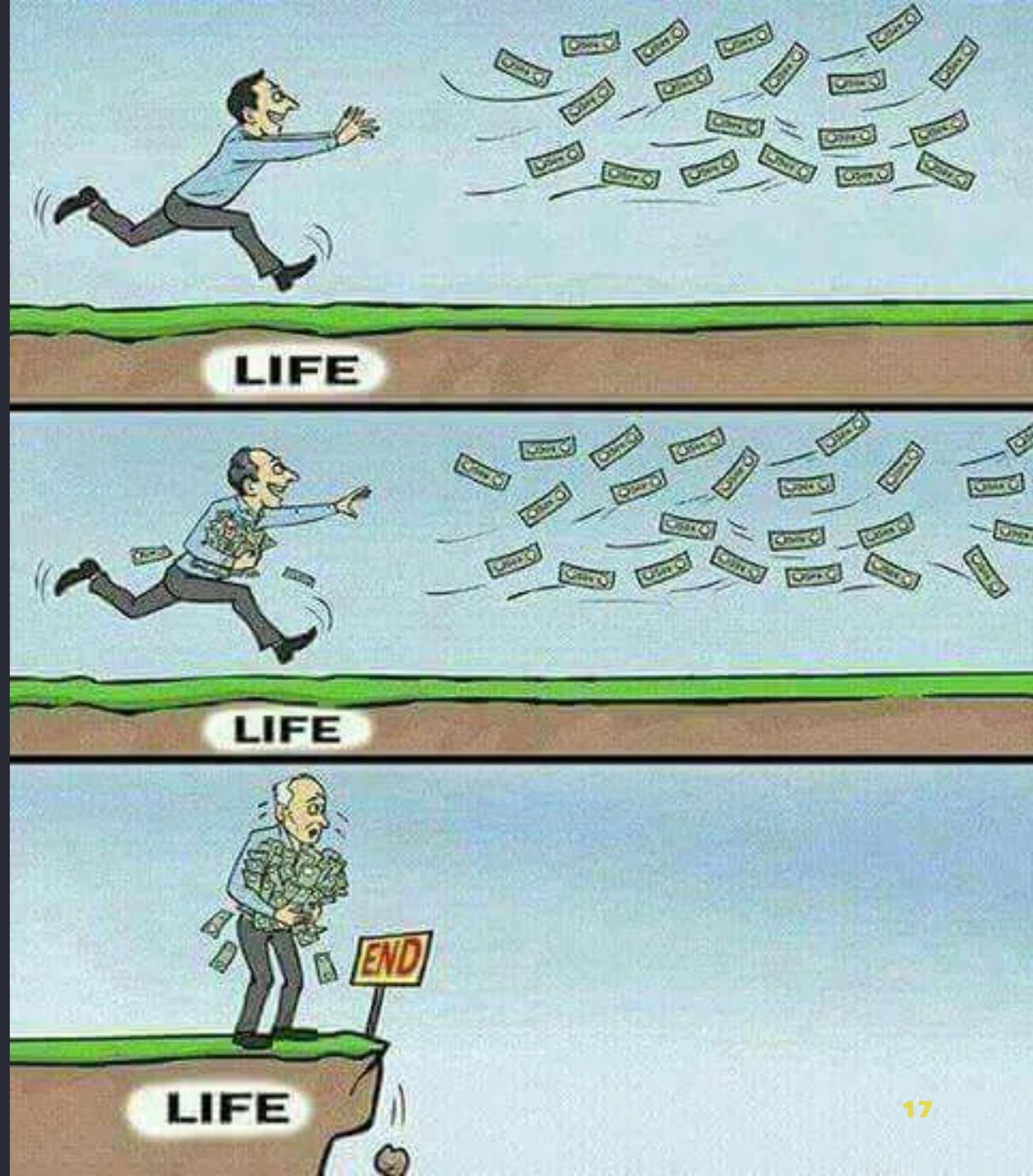
What do you really care about?

- At least 1 active personal project
- Control over 90% of my schedule
- Lots of sunshine and time outdoors
- Regular 1-1 time with Family / Kids
- Deep friendships with a few friends
- Zero toxic people in my life
- Travel 3 months a year, some with friends and some with family
- Top 0.1% Fit and Healthy
- **Experiences over Ownership**

Lifestyle Design

What do you need to achieve it?

- I thought I need to earn specific \$ number, but that number kept moving over the years
- In reality the things I care about aren't as much about money as they are about the freedom
 - Money is required to acquire that freedom, but not as much money as I thought when I was younger



How to gain that freedom?

Financial Independence

Financial independence is the status of having enough income to pay one's living expenses for the rest of one's life without having to be employed or dependent on others

Financial Independence

- LeanRE
 - Minimalist and frugal living, extreme savings
 - e.g. *Won't own a car because it's too expensive, or I'll own a very old and cheap one*
- FatRE
 - Normal living, without the worry about money and saving expenses at all costs
 - e.g. *Own a decent car but maybe not a Ferrari*

Financial Independence Balancing Game

How much should we save vs how much spend to enjoy life?

If we prioritize experiences over ownership, we'll realize that things aren't that expensive in the long run

Joining an improv class is a lot cheaper than buying an iPhone, and it generates a lot more fun experiences and memories, not to mention life skills you learn on the way

Financial Independence

Value of Time and Frugality

- Folks leaning towards **LeanFI** gravitate towards doing everything on their own
 - I can learn how to fix my pipes, do XYZ
 - But given tech jobs earning potential that is not optimal
- You can always earn more money, you can never buy back time
- Spend money to save time or spend it to have fun
 - If you don't like cleaning -> **hire someone**
 - Buy courses and components that can **save you tens of hours**
 - Avoid the '**I can do it myself**' thinking

Financial Independence

What is your FI \$ number?

How to never run out of money?

Save 25x your annual expenses and invest it at 4% over inflation, then you can withdraw 4% each year for as long as you live...

Financial Independence

What is your FI \$ number?

Standard FI advice that makes a lot of assumptions, e.g.

- You won't earn a single \$ during your 'retirement stage'
 - The opposite can be true, as often times we go for more ambitious, and higher risk/reward projects
- You want to die with the money you started with
 - Why would you want to die with large number in your bank account?
 - If you remove that requirement, you can start withdrawing more % per year or just save less money and reach FI a lot quicker

Financial Independence

What if you decide to 'Die with Zero'?

- Ideally, you should aim to die with zero
 - Spent your money on great personal experiences, taking care of your family, and leaving a legacy.
- **Take big risks early, not later.**
 - The younger you are, the more risks you should be taking, and the bolder you should be.
 - Identify opportunities that pose acceptable risk and go for it. It will be a lot harder to do this once you get older and have more obligations and less health.

Financial Independence

Reaching FI and then what?

You don't need to stop working, in-fact most people don't!

- Have the freedom to say NO more often
- Work only on projects that excite you
- Easily get out of uncomfortable situations
 - '**F#\$k You! money'**

Work-Life Balance

Working hard or hardly living?

Work-Life Balance Hustle Culture

Overwork is presented as a rite of passage, the promise of success is dangled like a carrot, implying a direct correlation between hours worked and rewards gained.

This approach not only leads to burnout but also robs us of valuable life experiences.

Work-Life Balance Law Of Dimishing Returns

We often push ourselves to the limit, working extra hours to meet deadlines or perfect projects.

But beyond a certain point, working more doesn't equate to better results.

Work-Life Balance

If you want sustainable success over decades of your career, I recommend building it on top of two pillars:

- Learning to prioritize rest and how we can rest well
- Understanding what is essential and working smart not hard

Work-Life Balance

Value of Rest and Leisure

Rest is not only essential for recharging batteries but also fosters creativity and productivity!

Resting and playing isn't laziness – it's a proactive approach to creating a sustainable life.

Work-Life Balance

Good Rest

Rest is not passive but rather an active period where the brain works to consolidate learning and memory.

It can be deliberate and structured to yield the highest returns in terms of productivity.

Work-Life Balance

Deep Play

Activities that offer the same psychological rewards as your work but in a different context.

This could be a hobby or an activity that engages you fully and recharges you, unlike shallow leisure activities like watching TV.



Work-Life Balance

Essentialism - Less But Better

Essentialism is about prioritizing what is most essential and eliminating the rest.

It's a way to reclaim control of our choices about where to spend our precious time and energy.

Work-Life Balance

Essentialism - Focus

Focus on doing fewer things but doing them exceptionally well, rather than juggling many mediocre projects.

In order to focus on what's truly essential, you must be willing to turn down opportunities that don't align with your focus.

**Where do you have the highest
impact?**

Work-Life Balance

Burnout - Work Boundaries

Clear boundaries between work and life.

- Track work hours in **Toggl**, even when working full-time.
- Teach teams to leverage async communication more
 - Avoid random meetings or meeting overload
 - Longer focus blocks for deep work
 - No messages that are just '**Hey**' and waiting for reply, FOMO is real
- Prioritize and block off time for family and leisure

Work-Life Balance

Burnout - Long-term efficiency

- Figure out a method to manage your workload
 - I enjoy "Gettngs Things Done"
 - Pomodoro 50/10
- Limit working hours
 - Be efficent as much as you can consistently
 - Avoid efficiency debt by working 12h one day and paying for it later

Work-Life Balance

Burnout - Self-Care

- Meditate
 - Clears your head
 - Lowers your reactivity
 - Proven to improve health
- Take care of your fitness and health
 - Healthy body -> healthy mind
 - If your body is struggling, do you think your mind is at 100% ?



Recommended Materials

- Your Money or Your Life
- Die With Zero
- Mr Money Mustache
- Mad Flentist
- Rest: Why You Get More Done When You Work Less
- Essentialism
- GTD in 15 Minutes

How to be a more efficient Swift Engineer?

Project setup.

Organize your project for great workflows and better maintainability.



Best practices.

Collection of patterns, techniques and methods to help you ship your best app.



Code generation.

Don't write boilerplate, generate it with ease!



Preventing Bugs.

Techniques to catch and prevent bugs early in development.



Testing.

Why write tests and how to write them in maintainable manner.



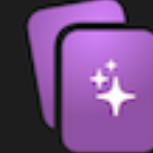
Iteration speed.

Improve your speed by incorporating techniques and workflows that make you more productive.



Magic.

Automated UI, Mocks, and test diffing techniques.

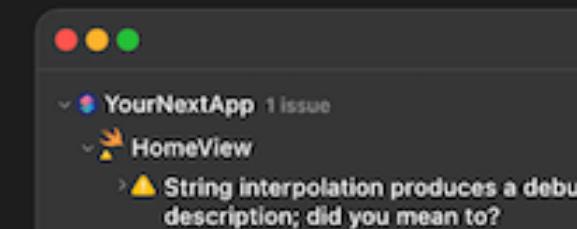


Optimized Workflows.

Improvements to your daily development workflows that will save you time and energy.



Everything you need to know about formatting and linting your code.



Architecture.

Architecture patterns that will help you build scalable and maintainable apps.



The Composable Architecture @ Scale.

Understand issues that arise when scaling your app and how to solve them.



Build your own dev tools.

How to build your own dev tools to improve your productivity.

★★★★★

"This course does a really great job of helping you expand your toolset for building iOS apps. From project setup to debugging your SwiftUI views, it's all there! I can only recommend this course."



Donny Wals

Author & Consultant @
donnywals.com

★★★★★

"Building tools to make everyday tasks more efficient: Krzysztof has always inspired me with his open-source projects, public talks, and articles. I can't think of anyone else better to deliver a course that helps you optimize your workflow to save hours of development time — a must-have."



Antoine van der Lee

Founder of SwiftLee, Staff
Engineer @ WeTransfer

★★★★★

"Krzysztof stands out as a leading authority in Developer Experience and Developer Tooling for iOS. I highly recommend this course for anyone eager to acquire valuable tools and techniques to enhance their daily productivity and elevate their skills as an iOS expert."



Shai Mishali

Senior iOS Tech Lead @
monday.com

★★★★★

"Whether you are an indie dev or a company employee, this course is key to efficient app development. I highly recommend it!"



Pietro Messineo

iOS Engineer, Tech Lead

★★★★★

"I can absolutely recommend this course. Krzysztof shares his outstanding experience concisely and thoroughly, touching on all important aspects of modern iOS development."



Marcin Krzyżanowski

Lead Engineer @ Judo &
Author of SwiftStudio

★★★★★

"They say 'You can either have speed or quality', but with Krzysztof's advice, we can do both for clients and have a competitive advantage over other agencies."



Cezary Bielecki

CEO @ DigitalForms.io

★★★★★

"Krzysztof has been setting the gold standard for iOS best practices for years now. From creating tools that save us hundreds of hours to sharing code, tips, and techniques - I've learned a ton from him. This is the course I wish I could've had years ago."



Jordan Morgan

iOS @ Buffer & Author of
Best-in-Class

★★★★★

"After coming back to app development I found this course to be a fast track to regain my leading-edge skills in iOS."



Felix Krause

Founder of ContextSDK &
Creator of Fastlane

★★★★★

"Krzysztof is the fastest developer I've worked with. In this course, he teaches you the tools, and more importantly, the mindset, to cut through the cruft and ship when it matters."



Zev Eisenberg

Staff iOS Engineer @ The
New York Times

DEEP_DISH_24 for 20% discount



Conclusion

- Take some time to reflect on your lifestyle
- Think about how you'd like to eventually live
 - Do you really need to wait until you start living like this?
 - Maybe it's already in your grasp!

Design a lifestyle that prioritizes active rest and spend time doing things that you enjoy, whether that's time with the family or jumping from skyscrappers, don't wait until it's too late!

Contact / Consulting

Want to improve your team developer experience and productivity?



Thank You For Listening!