

Why Are You So Busy?

An Analog System for the Digital Age

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So, Why Are You So Busy?

Good News Everyone!

Statistically speaking, you're about as busy as anyone used to be
(if you're Dutch)

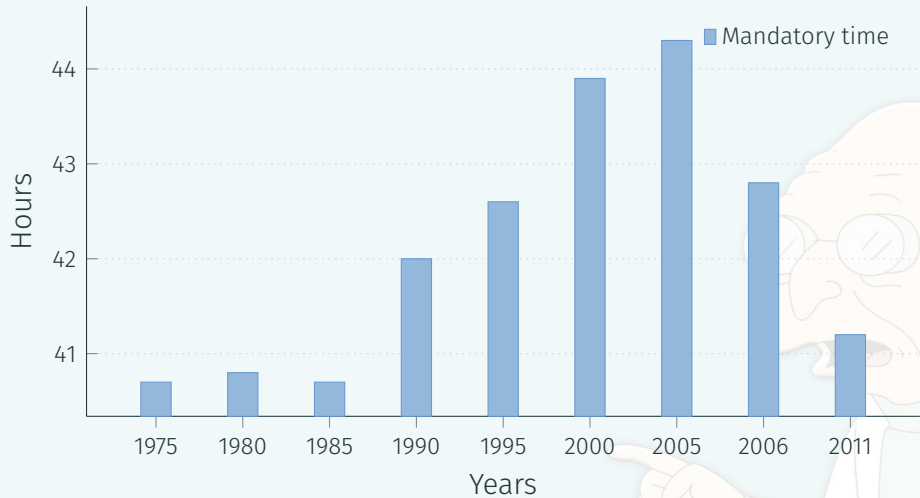


‘Het Tijdsbestedingsonderzoek’

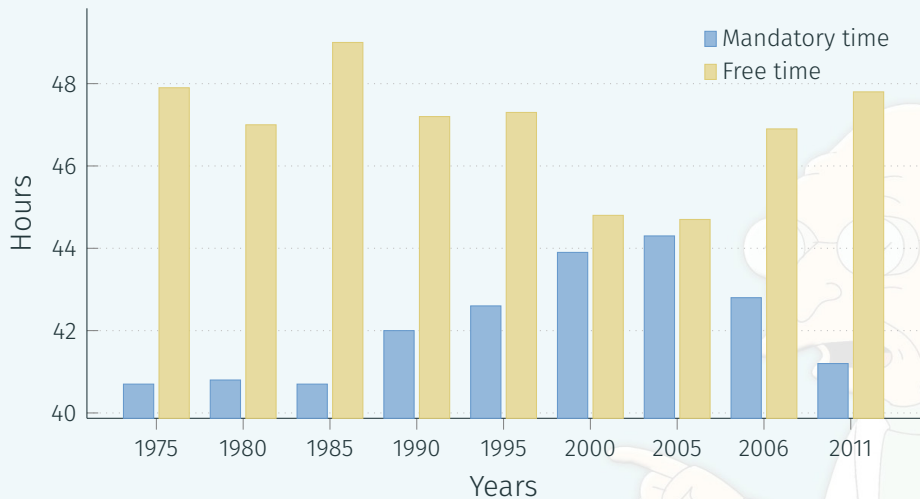
- Dutch people have been keeping track of a single week since 1975
- On average ~2500 people write a usable diary
- Results are compiled and corrected for use



Compare (1)



Compare (2)



Questions?

Why Do You *Feel* So Busy?

The Zeigarnik Effect

- Named after *Bluma Zeigarnik* (research published in 1927)
- First noticed in a waiter taking her order
- Theory: Unfinished tasks linger, finished tasks get forgotten
- Assumes a limited amount of 'cognitive bandwidth'



Figure 1: Wikimedia Commons

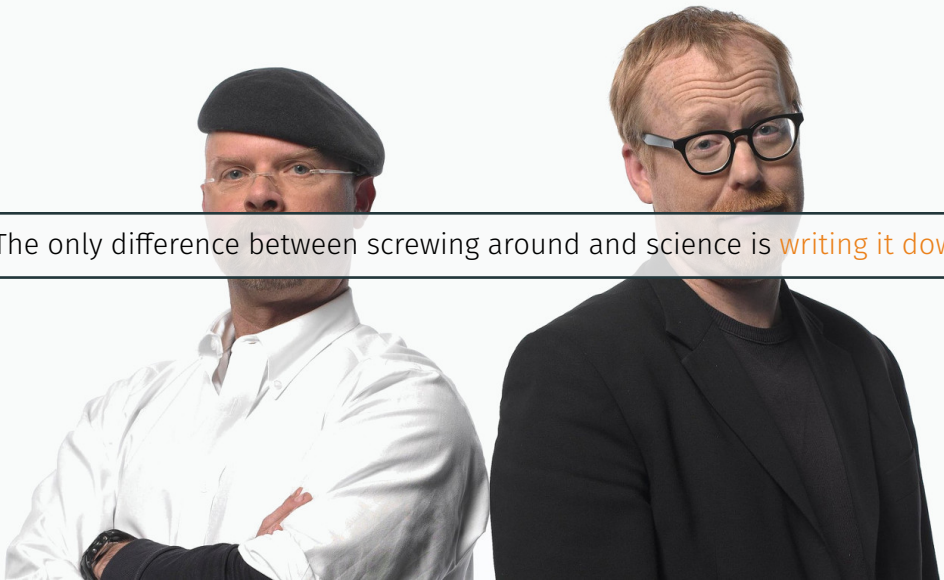
Maybe not ...

- Original research on a limited number of subjects
- Could not be reproduced in more extensive research¹
- So what else?

¹van Bergen, 1968


Spoiler: There is no 'one size fits all'

Remember Kids ...

A photograph of two men from the chest up. The man on the left is wearing a white button-down shirt, a black beret, and glasses, with his arms crossed. The man on the right is wearing a black jacket over a black shirt, glasses, and has a mustache. They are both looking towards the camera. A white rectangular text box with a thin black border is superimposed over the middle of the image, containing a quote.

'The only difference between screwing around and science is **writing it down.**'

An Analog System for the Digital Age



Get a notebook and a pen

Bullet Journal

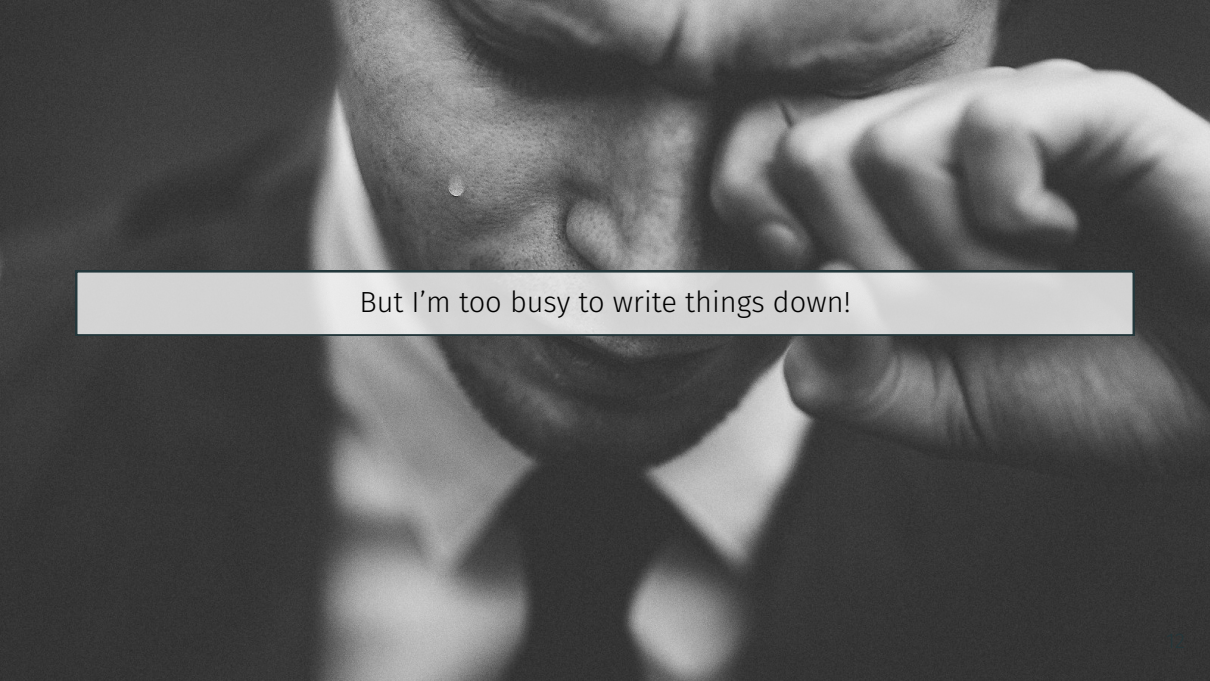
- Ryder Carroll (bulletjournal.com)
- Track the past
- Order the present



Why Do This on Paper?

- Intentionally slows you down, forces you to think
- Writing helps with processing information²
- No distractions!

²Princeton et.al.



But I'm too busy to write things down!

Migration

- At the beginning of each month, create a new monthly log
- Copy (yes, **copy**!) everything you didn't do last month
- Do you still need to do it? If not, get rid of it
- This helps you focus on what's **really** important

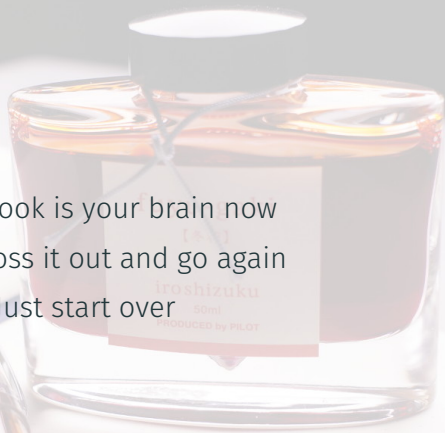
Conclusion (1)

- Evaluate what you're doing with your time
- Do this monthly, preferably more often
- Adjust where required



Conclusion (2)

- Clears your head, your notebook is your brain now
- What if I make a mistake? Cross it out and go again
- What if I lose my notebook? Just start over



Questions?

Yearly Log

