

Why Are You So Busy?

An Analog System for the Digital Age

Ritger Teunissen (ritger@hack42.nl)

February 10, 2019

Hack42, Arnhem

So, Why Are You So Busy?

Good News Everyone!

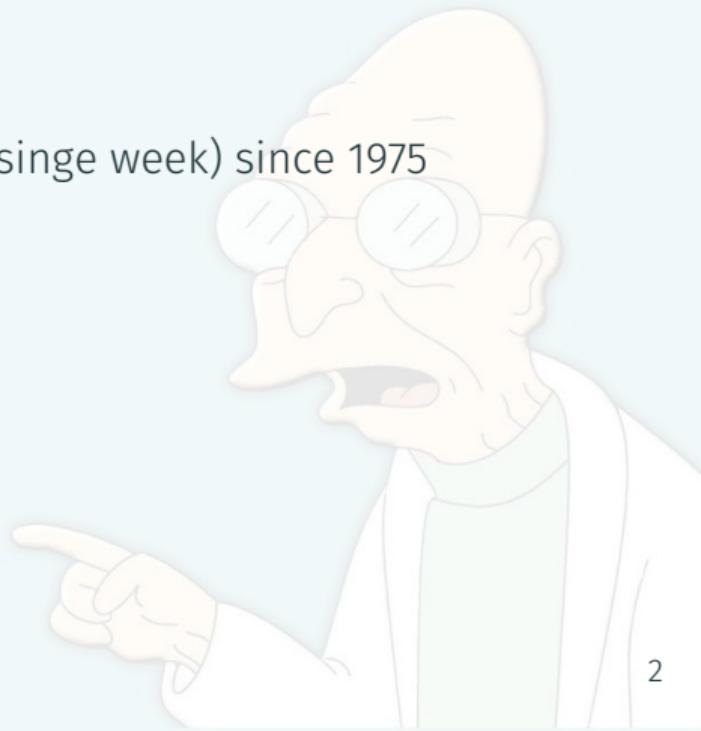
Statistically speaking, you're about as busy as anyone used to be
(if you're Dutch)



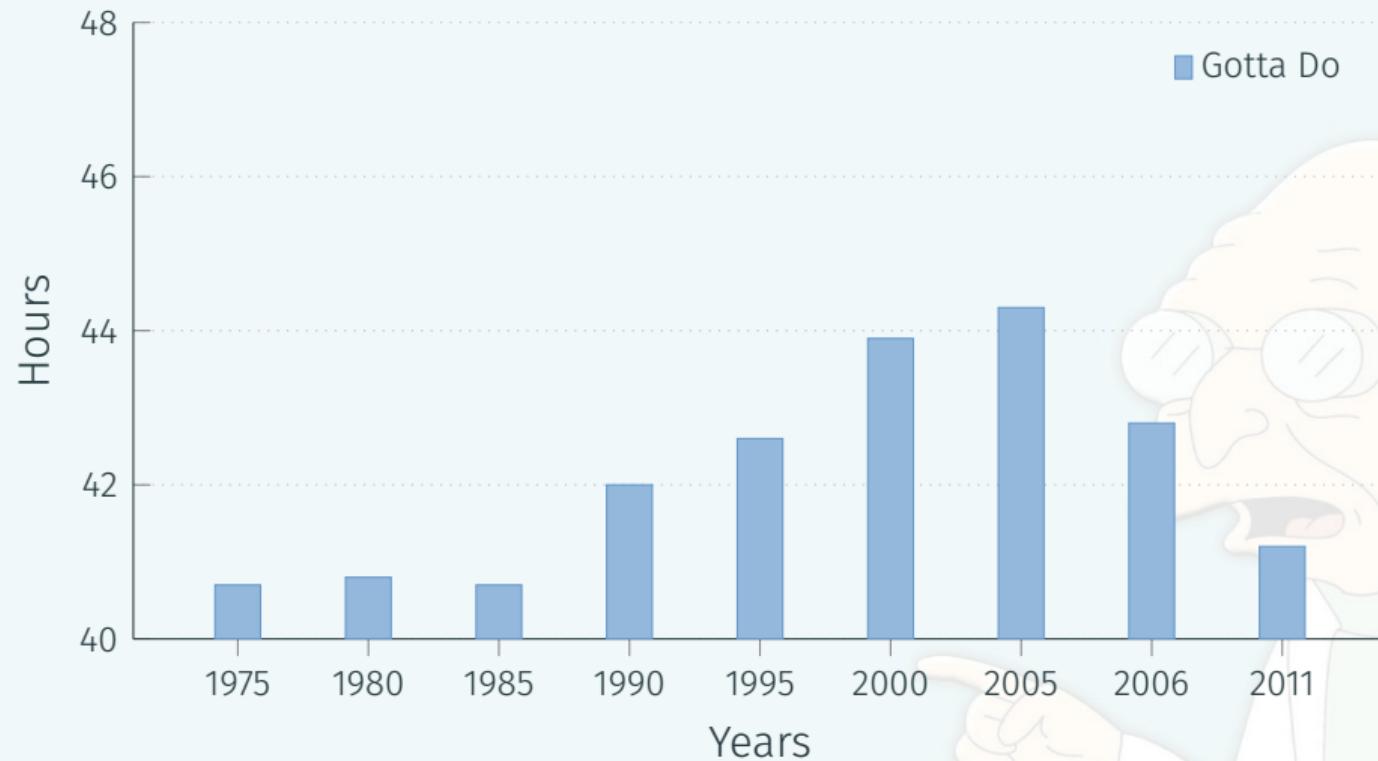
‘Het Tijdsbestedingsonderzoek’

Overview

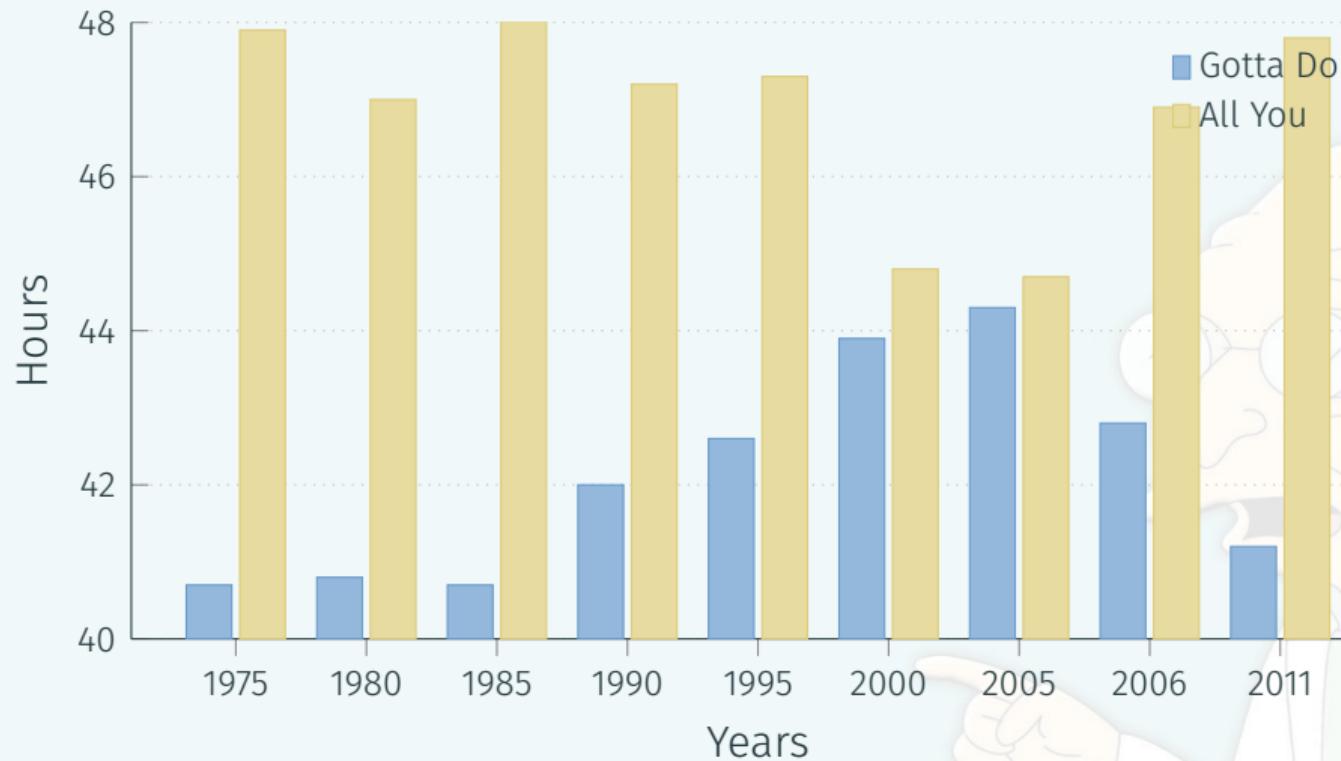
- Dutch people have been keeping a diary (for a single week) since 1975
- On average ~2500 people write a usable diary
- Results are compiled and corrected for use



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

¹van Bergen, 1968

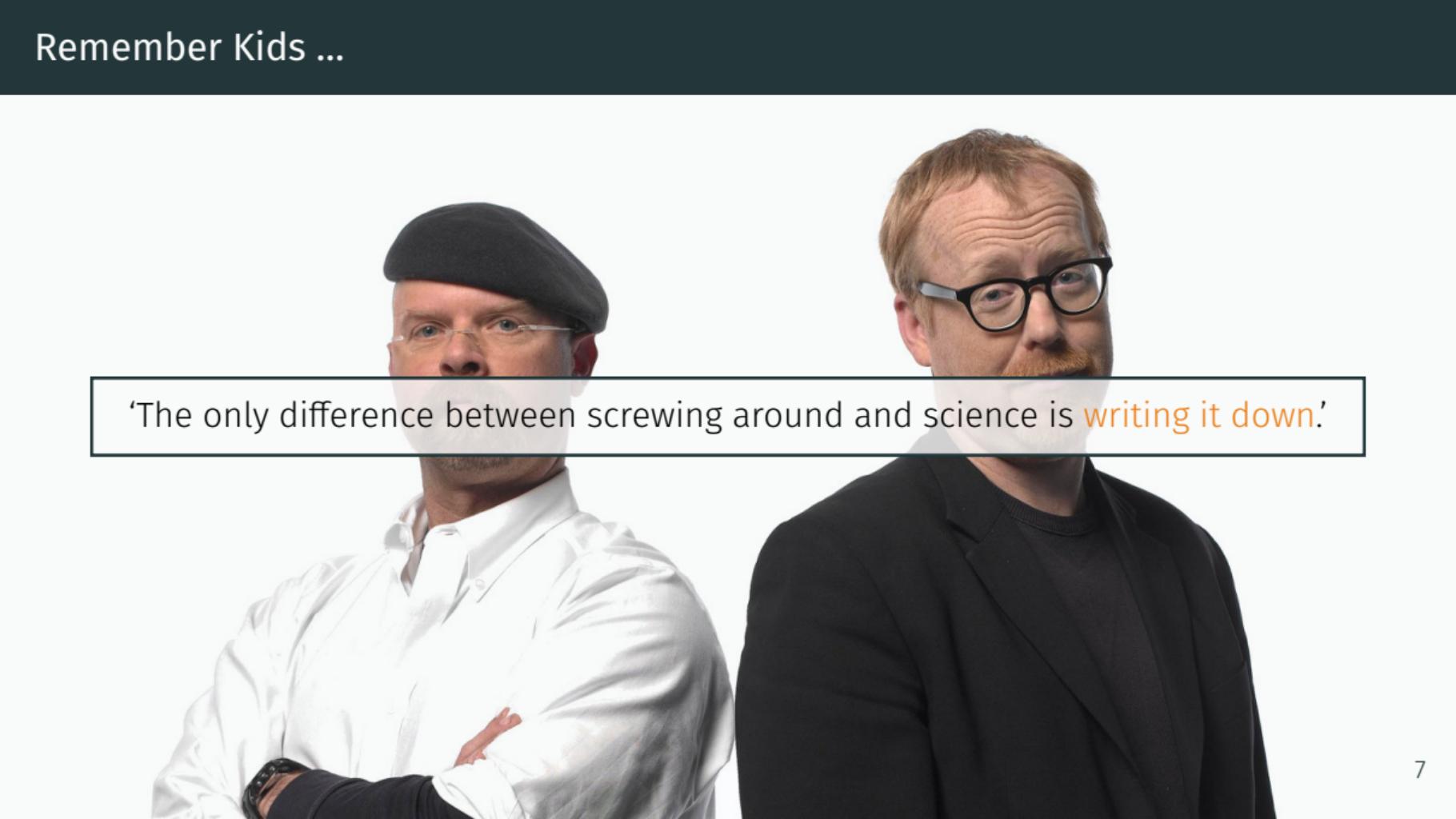
Maybe not ...

- 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 ...



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

An Analog System for the Digital Age

Bullet Journal

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



Accessorise

Get a notebook and a pen

Why Do This on Paper?

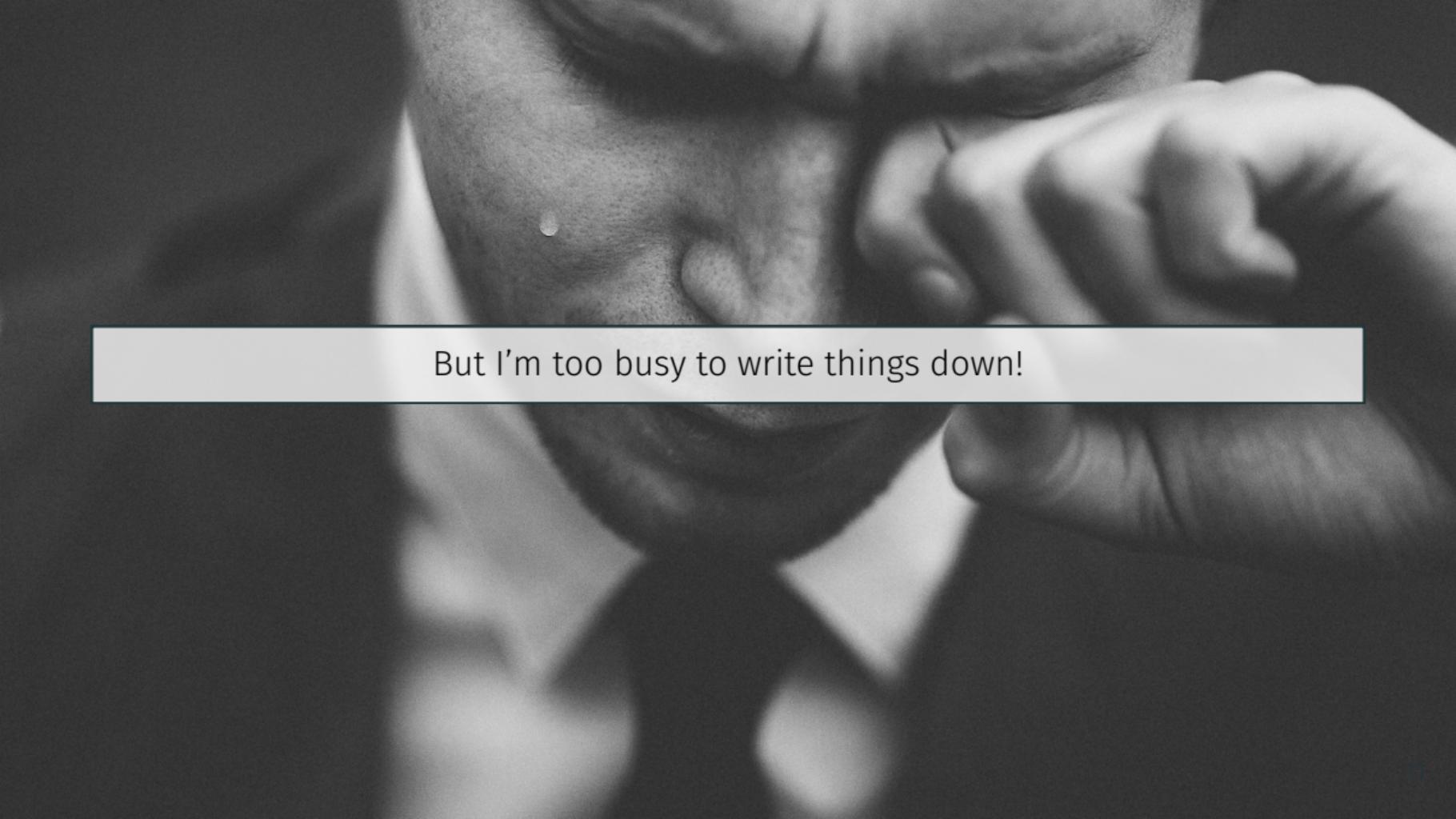
- Intentionally slows you down, forces you to think
- Writing helps with processing information²

²Princeton et.al.

Why Do This on Paper?

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

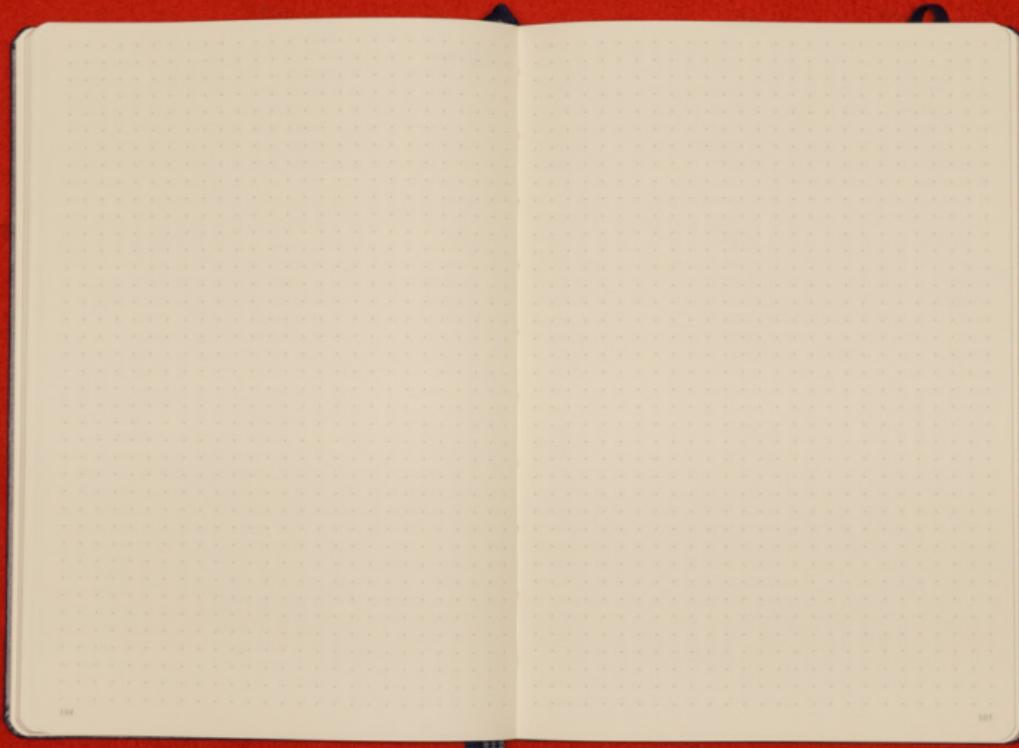
²Princeton et.al.



But I'm too busy to write things down!

Starting Your Bullet Journal

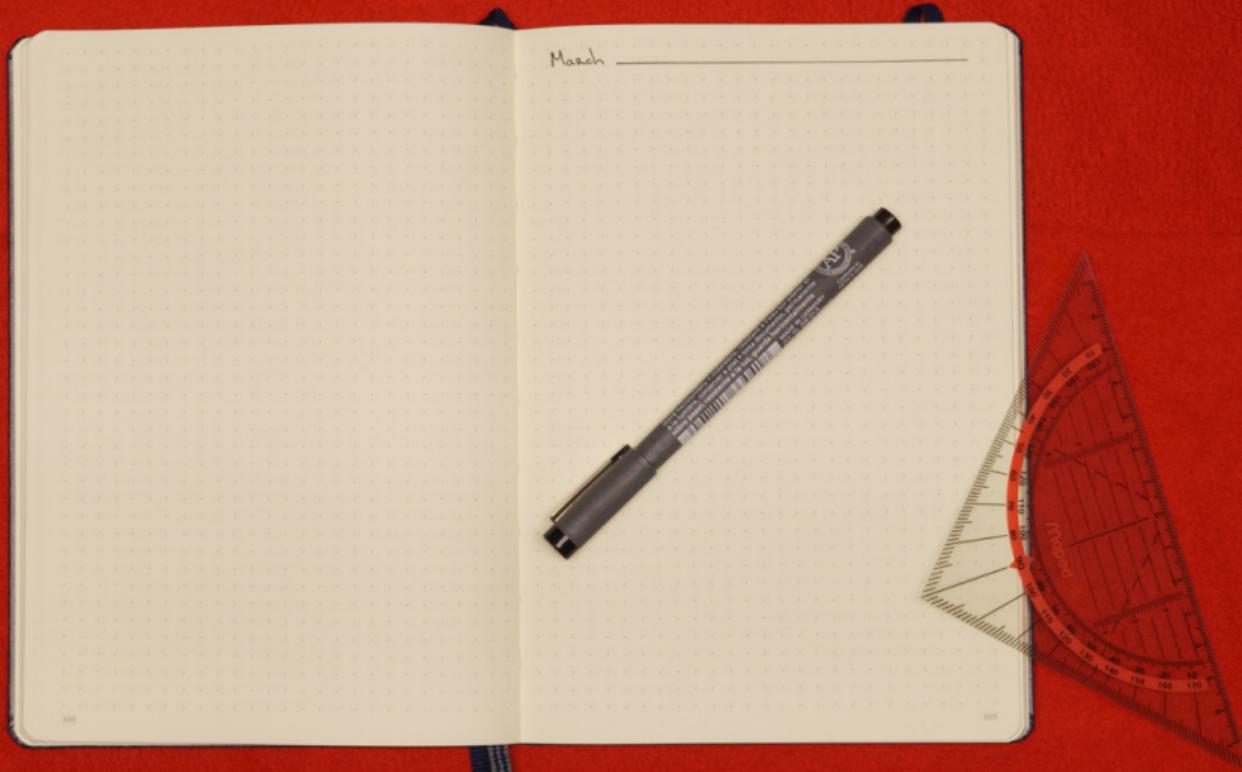
Monthly Log



Monthly Log

March

Monthly Log (Fancy!)

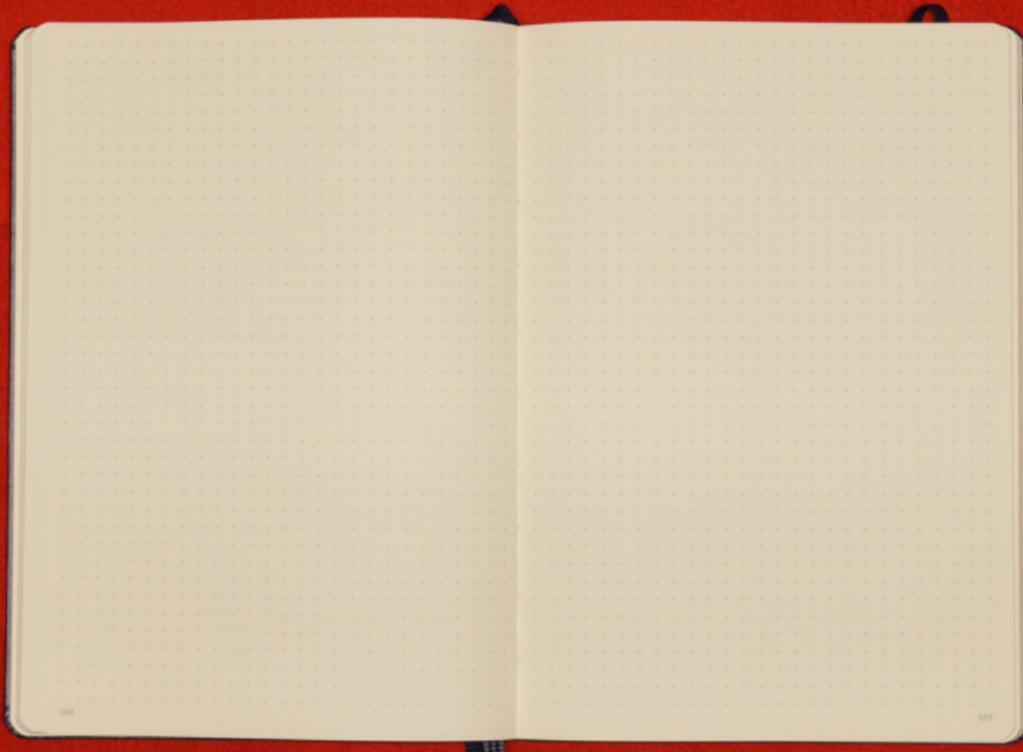


Monthly Log

March

- Call Peter
- Make presentation
- File TPS report
- Implement smart cyber blockchain
- Do ALL the cybers!!!

Daily Log



Daily Log

01-03 Friday

6am

20° F 11.2

water temperature 31.4M

depth 29T 31.7

windward, upwind, downwind, thermal wind
200ds w/w 11A v/t

Daily Log

01-03 Friday

- Call Peter
- Do ALL the cybers!!!

add H.A.

watering add M

fungus 29T 2/7

windbreaks, popo trees, transplanted

2000m alt H.A. 1/7

Daily Log

01-03 Friday

- x Call Peter
- x Do ALL the cybers!!!

Daily Log

01-03 Friday

- 1 X Call Peter
- 4 X Do ALL the cybers!!!

and I had
workshop today
longs 297 317
standard pads team turned out
ready out UA 45

Daily Log

01-03 Friday

(3)

- 1 X Call Peter
- 4 X Do ALL the cybers!!!

2007.11.2
workstation 3.0.1.1
fingers 297 317
blackboard, ppdps 7.0.0.2, translated
233dp out 3.4.10

Daily Log

01-03 Friday

(3)

- 1 X Call Peter
- 4 X Do ALL the cybers!!!

02-03 Saturday

- Do ALL the cybers!!!
- Make presentation

Daily Log

01-03 Friday

(3)

- 1 X Call Peter
- 4 X Do ALL the cybers!!!

02-03 Saturday

- X Do ALL the cybers!!!
- ← Make presentation

Daily Log

01-03 Friday

(3)

- 1 × Call Peter
- 4 × Do ALL the cybers!!!

02-03 Saturday

- 2 × Do ALL the cybers!!!
- Make presentation

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

Migration

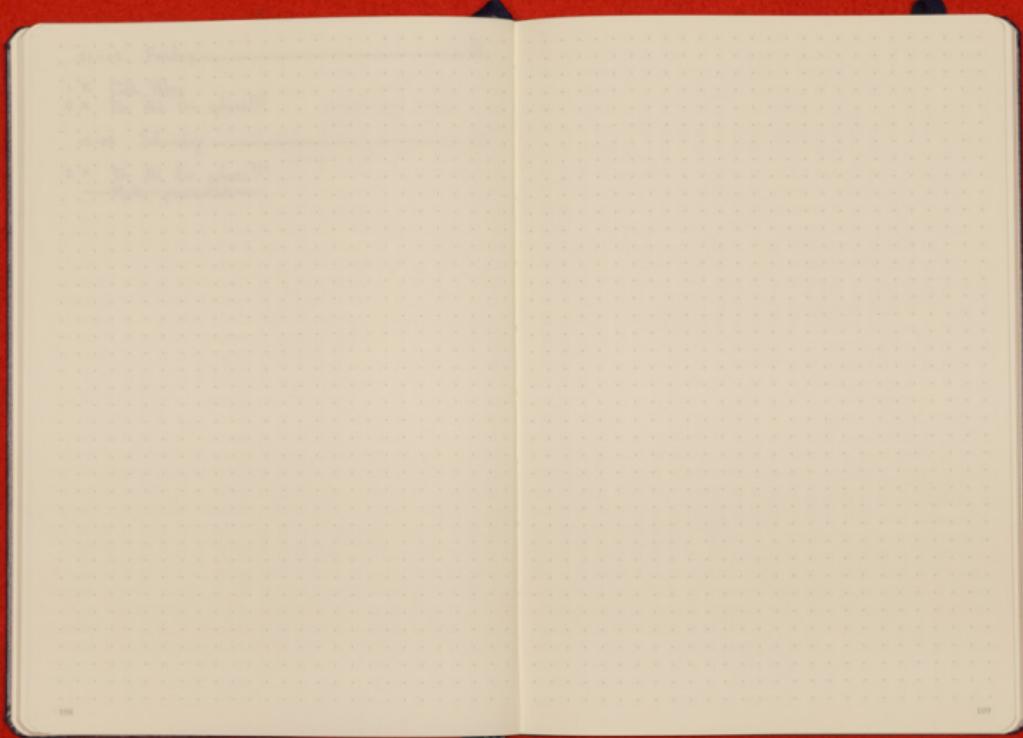
- At the beginning of each month, create a new monthly log
- Copy (yes, **copy!**) everything you didn't do last month
- Do you still need to do it? If not, get rid of it
- This helps you focus on what's **really** important

Monthly Log

March

- x Call Peter
- Make presentation
- x File TPS report
- x Implement smart cyber blockchain auth? 50-50
- x Do ALL the cybers!!!

Monthly Log



Monthly Log

April

Monthly Log

April

Make presentation

Conclusion

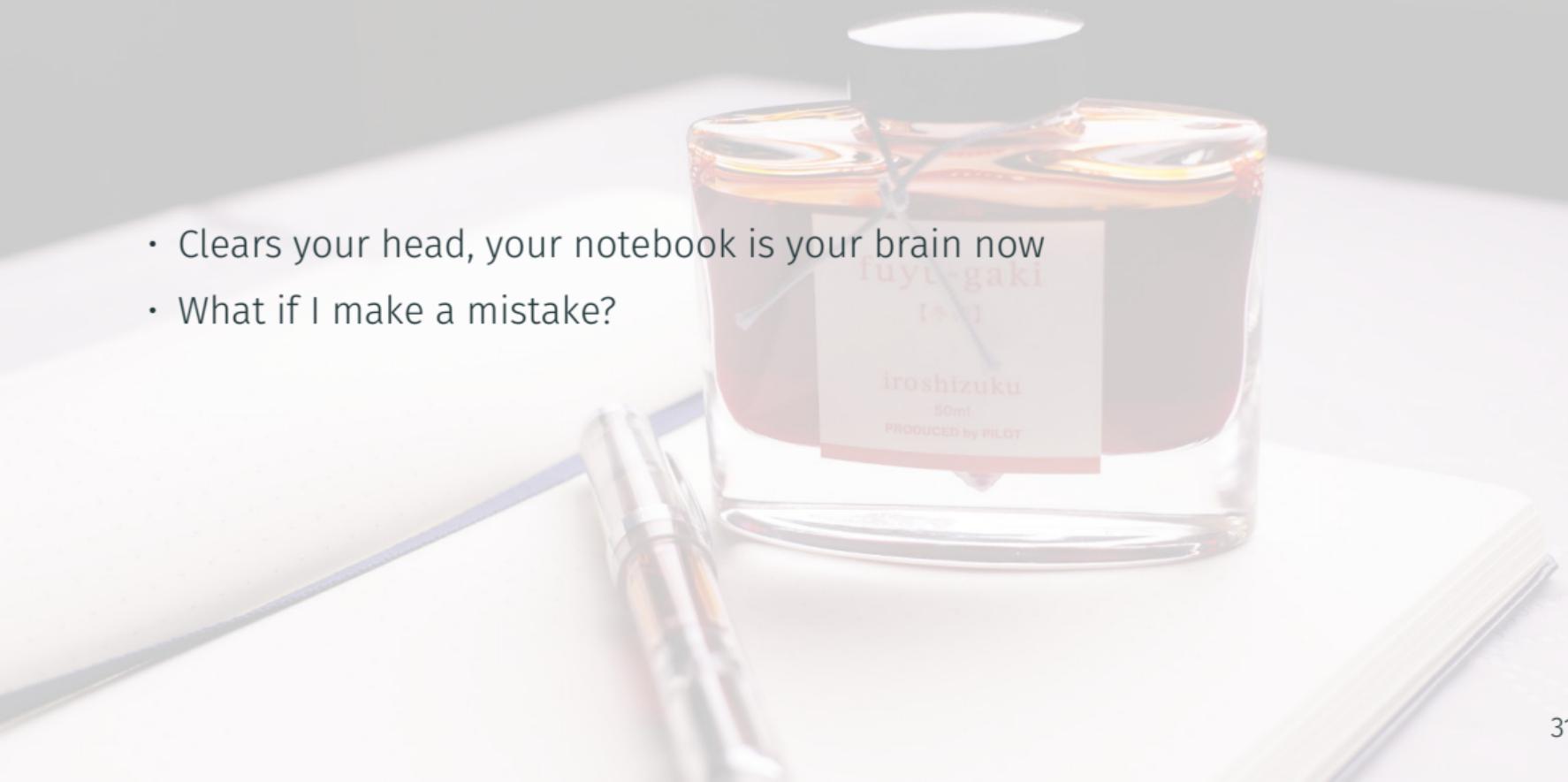
Conclusion (1)

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



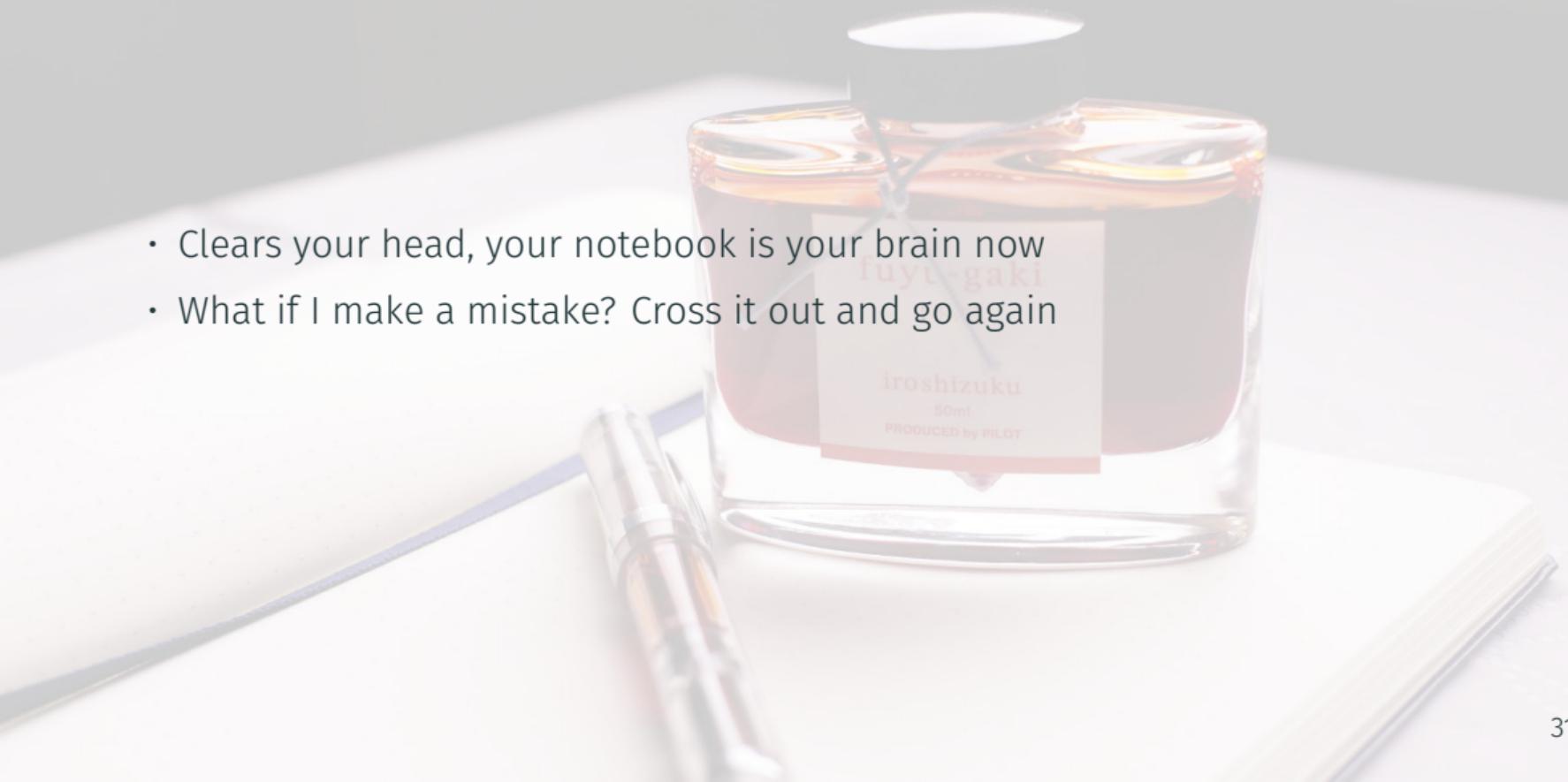
Conclusion (2)

- Clears your head, your notebook is your brain now
- What if I make a mistake?



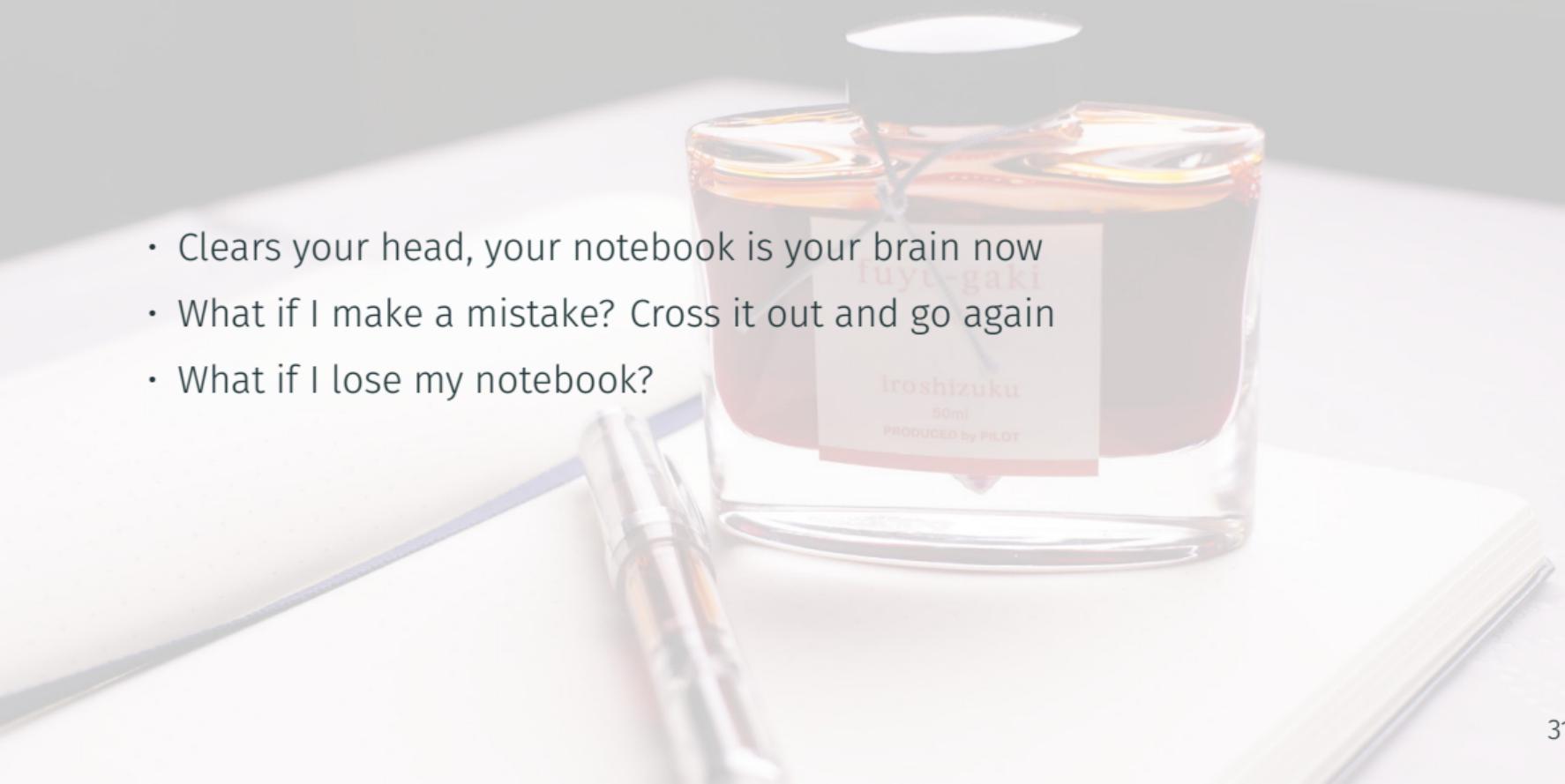
Conclusion (2)

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



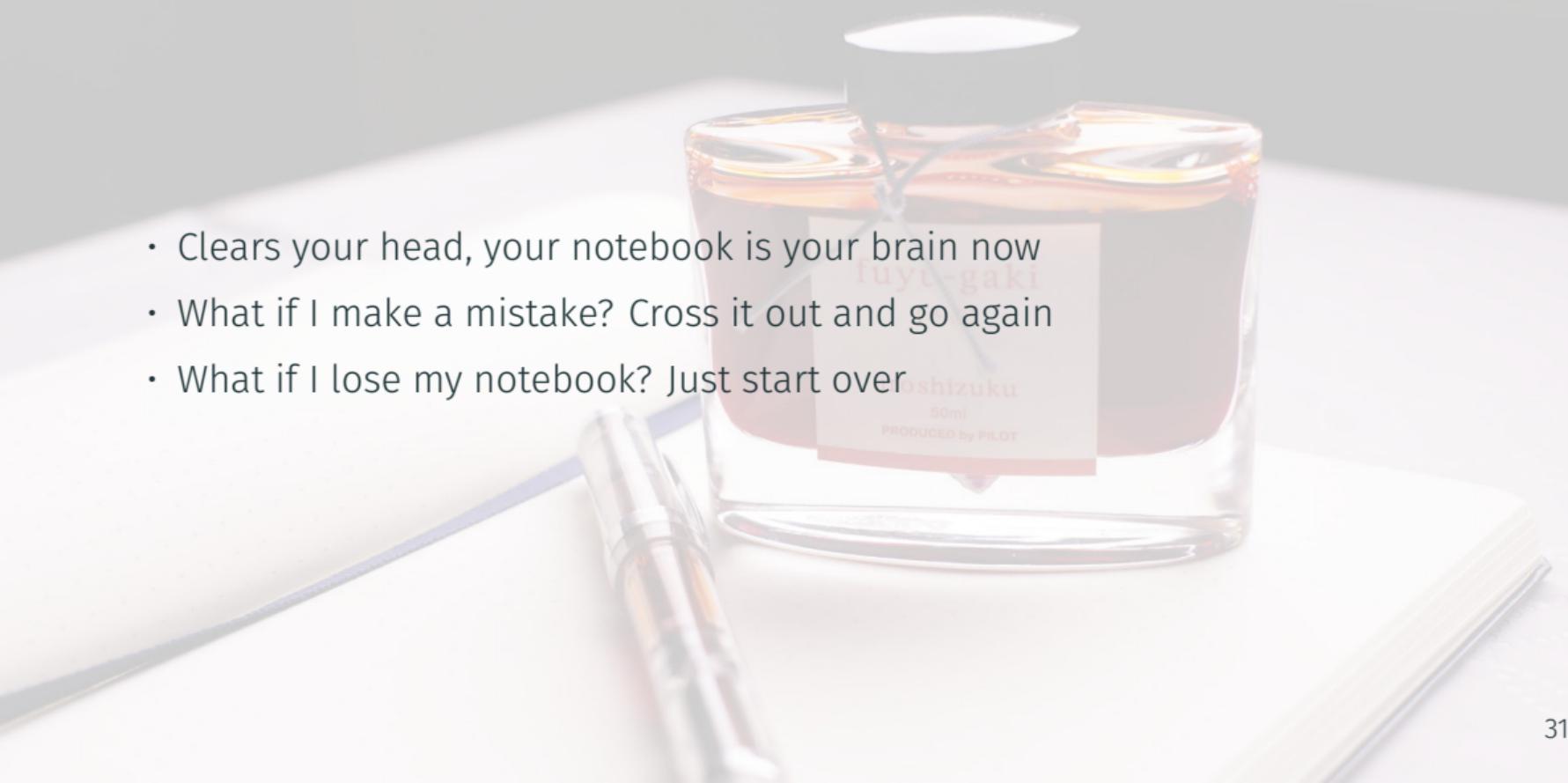
Conclusion (2)

- 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?



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



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
- And there's much more to the Bullet Journal method...

Caveat Emptor

- The Bullet Journal method has exploded in popularity recently
- Increased focus on '*giving meaning*'
- Use the parts that work for you, ignore the rest

License

Learn more & Get the source of this presentation from:

github.com/r1tger/why-so-busy

Licensed under Creative Commons Attribution-ShareAlike 4.0.



Questions?