life's work

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Contents

Chapter 1

preamble

What if one practices mathematical science like music?

My goal is to spend four hours a day on *work with intent*[1].

For a sanity, efficiency, and inspiration, I intend to balance my time between three categories:

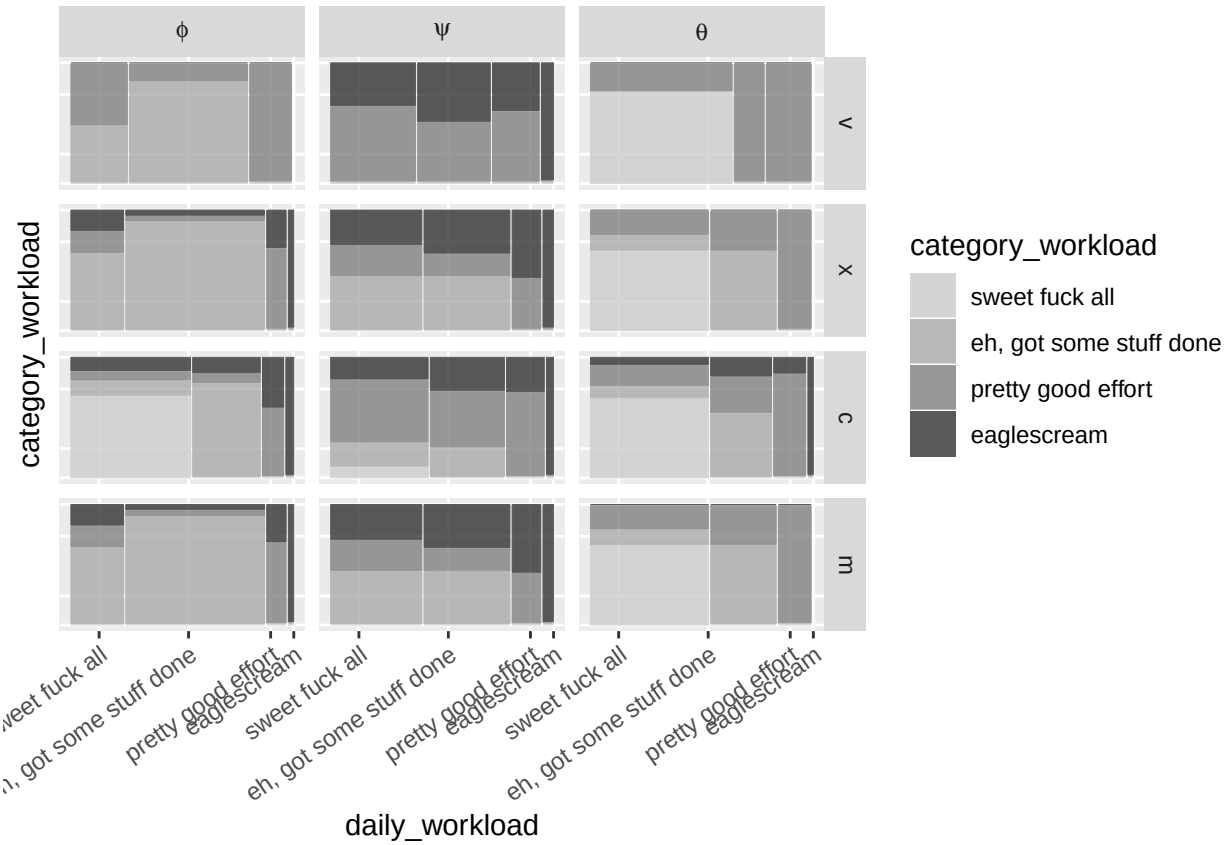
- research, φ;
- skills, θ; and
- busywork, ψ.

[1]This term is adopted from a piano teacher that I studied under, that I subsequently adapted into my own teaching. She encouraged me to *practice with intent*; that is, play what you intend to play. I found this to be particularly useful for discouraging my students, and myself, from the age-old pitfall of playing a piece of music until you make a mistake and stopping and playing that section over until you get it right. It's better to play *through* the piece, which empBowers you to adapt to mistakes you will inevitably play and, most importantly, not lose time. Oddly, it appeared to be a universal misconception, myself included, that without careful consideration, the attempt to *get the notes right* inevitably means the **rhythm is wrong**, and thus you get nothing right after all. Best, therefore, to play through the piece. I use my bullet journal to help me focus on work with intent; I've found the simplicity of only timing work when I've written down what I intend to do has been extraordinarily powerful in helping me complete daunting tasks.

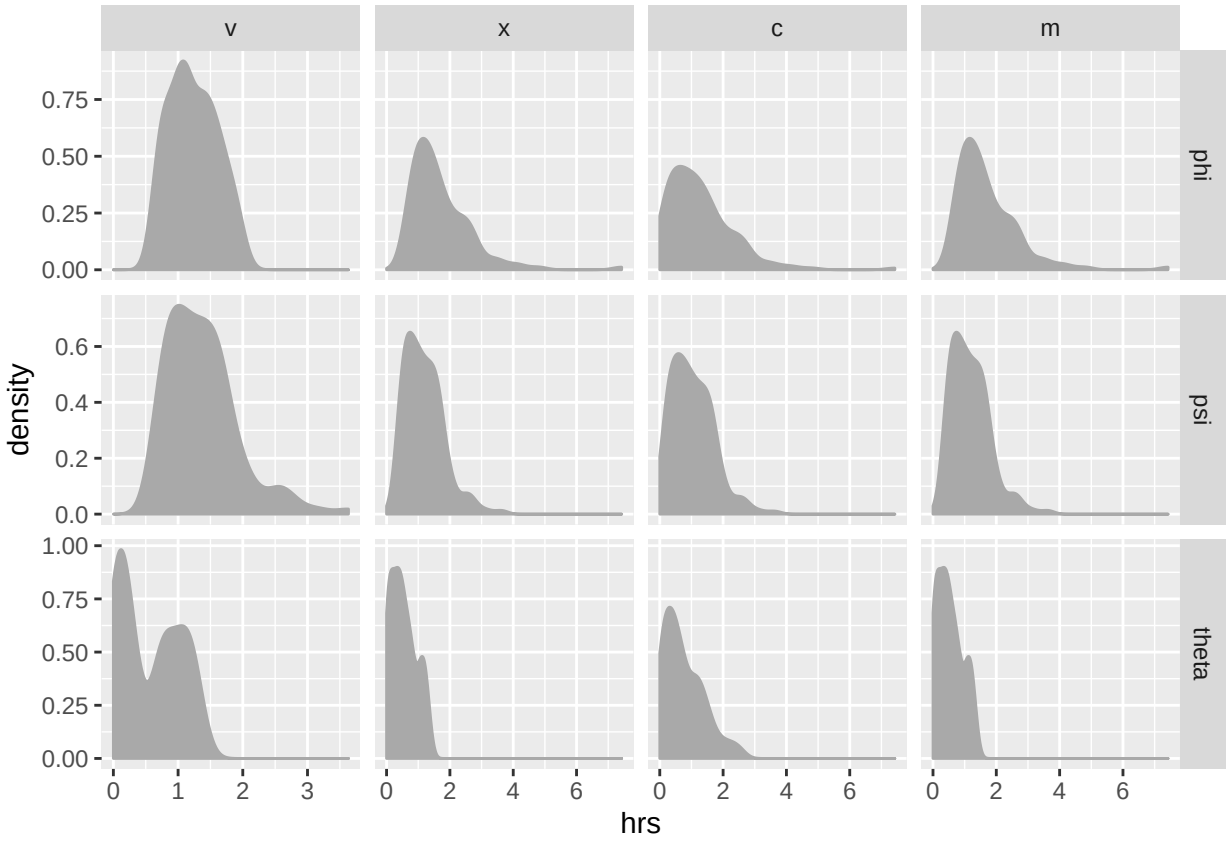
Chapter 2

analysis

2.1 workload intensity goals achieved

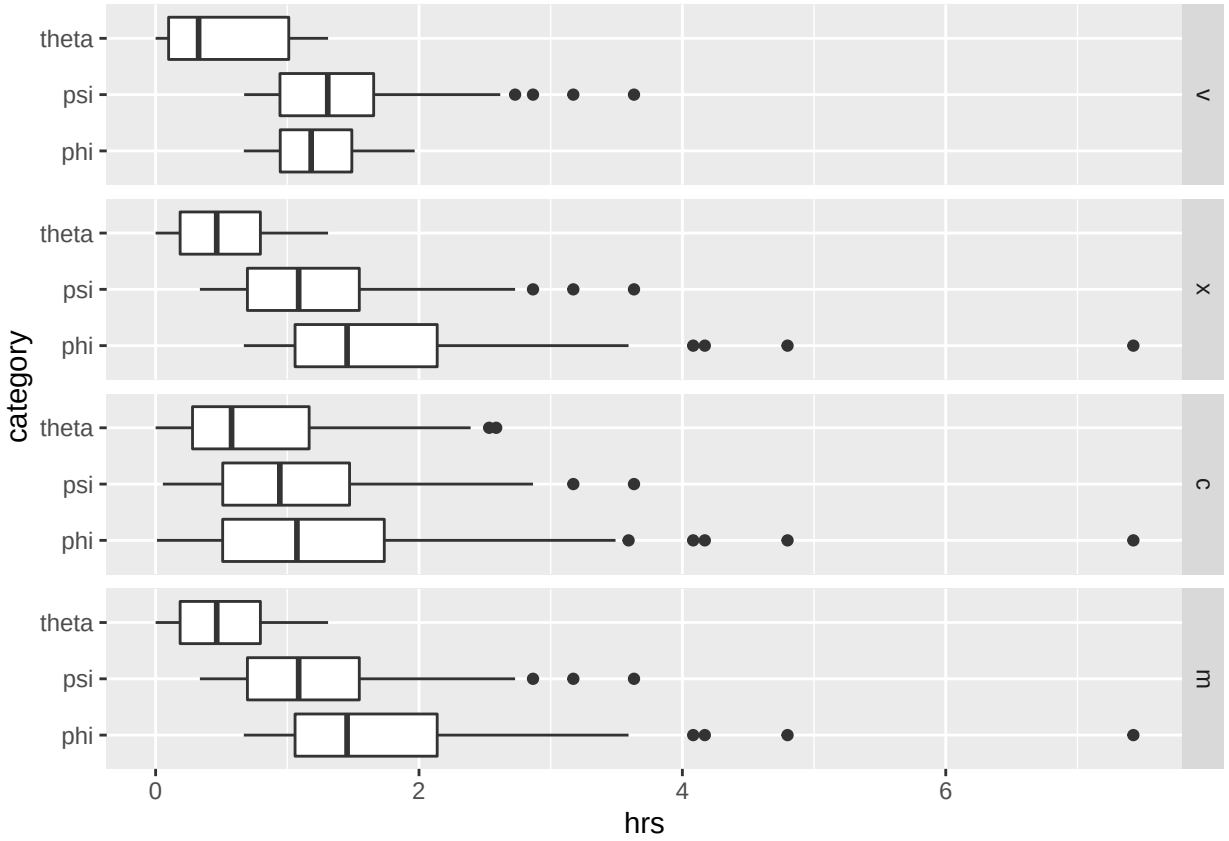


2.2 distribution of hrs spent per day per category



periods-1.bb

2.3



categories-1.bb

Chapter 3

rituals

3.1 instantiate

Start each day by drawing up a day view.

Begin the daily log, and add priority ($*$) daily tasks.

3.2 day view

tracker	position	description
poms	top left	track poms achieved
goals	below poms	pom goals
projects	top right	one project/category
task cycles	below projects	$\varphi, \theta, \psi, \overline{o}$
order of events	below goals	live with intent

3.3 daily tasks

priority	context	category	task	description
$*$	$\forall$	ψ	what is on fire?	What must be advanced today or very bad things will happen
$*$	$\natural$	ψ	calendar	check day, week, month; note events of the day; upcoming dea
$*$	$\natural$	ψ	inboxes	email, 3c2 , handbag, unpack suitcase
$*$	$\sharp$	ψ	pill	take medication
$\sim$	$\forall$	ψ	monthly log	check list for anything that is on fire
$\sim$	$\natural$	ψ	needs action	finish pom
$\sim$	$\natural$	ψ	ynab	finish pom
$\varnothing$	$\natural$	π	dani	check in with dani on slack
$\varnothing$	$\natural$	ψ	waiting	waiting emails
$\varnothing$	$\natural$	θ	export measures	download report into files, then email to myself, then downloa
$\varnothing$	$\sharp$	π	brushes	wash brushes
$\varnothing$	$\sharp$	π	kitchen	clean kitchen
$\varnothing$	$\sharp$	π	laundry	put away one basket of laundry
$\varnothing$	$\sharp$	π	floors	vacuum
$\varnothing$	$\sharp$	π	water plants	NA

3.3.1 π

priority	context	category	task	description
$\varnothing$	$\natural$	π	dani	check in with dani on slack
$\varnothing$	$\sharp$	π	brushes	wash brushes
$\varnothing$	$\sharp$	π	kitchen	clean kitchen
$\varnothing$	$\sharp$	π	laundry	put away one basket of laundry
$\varnothing$	$\sharp$	π	floors	vacuum
$\varnothing$	$\sharp$	π	water plants	NA

3.4 review

3.4.1 daily log

Pare down to one active project per category and process daily log:

- migrate to GitHub issues or monthly log
- add signifiers
- log projects in day view tracker
- add projects from monthly log if all $*$ and $\sim$ have been completed

3.4.2 day view

- count poms
- log goals
- assign task cycles
- +2 events to order of events

3.4.3 minibreak peeps

- social media & slack

3.5 monthly log

List of projects that will take longer than a day.

3.6 pom goals

pom := 20 minutes

workload	phi	theta	psi	exercise
light	2	1	1	1
moderate	4	2	2	2
hardcore	6	4	4	3

3.7 order of events

Day begins with review $\overline{o}$.

3.7.1 workday

Alternate events:

- $\not{h} + 2$ poms
- π

Around other events such as meetings.

3.7.2 wake up

- wake up
- [read]
- dress
- wash
- [yoga]
- day view
- [yoga]

3.7.3 evening

- bathtime + reading
- bed

3.8 signifiers

todo: create a signifiers sheet

signifier	meaning	position
$\eigthnote$	today	4
$*$	priority	5
$i, ii, \dots$	project	4
$\sim$	anxiety	5
$\cdot$	task	1
φ	research	2
θ	skills	2
ψ	busywork	2
NA	project	3
NA	look into	3
$\natural$	on computer	2
o	event	1
$\overline o$	review	1
NA	more than a day	2

Chapter 4

ruminations

4.1 daily projects

If a project is logged in the daily-log then I am committing to finishing it today.

4.2 pomodoros

20 minutes seems to be the amount of time I can reasonably expect myself to focus unbroken.

4.3 lowtech

Keep what can be kept on paper, on paper. Keeps screens busy and helps me focus.

4.4

Chapter 5

rmarkdown

You can label chapter and section titles using `{#label}` after them, e.g., we can reference Chapter **??**. If you do not manually label them, there will be automatic labels anyway, e.g., Chapter **??**.

Figures and tables with captions will be placed in `figure` and `table` environments, respectively.

```
par(mar = c(4, 4, .1, .1))
plot(pressure, type = 'b', pch = 19)
```

Reference a figure by its code chunk label with the `fig:` prefix, e.g., see Figure 5.1. Similarly, you can reference tables generated from `knitr::kable()`, e.g., see Table 5.1.

```
knitr::kable(
  head(iris, 20), caption = 'Here is a nice table!',
  booktabs = TRUE
)
```

You can write citations, too. For example, we are using the **bookdown** package (Xie, 2019) in this sample book, which was built on top of R Markdown and **knitr** (Xie, 2015).

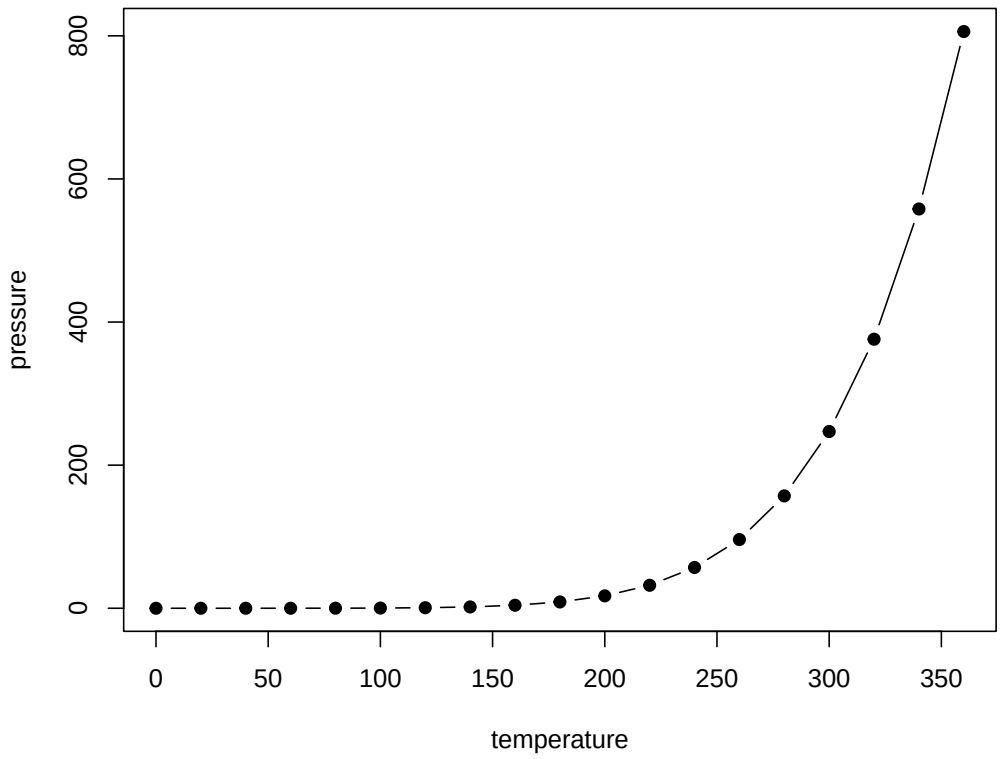


Figure 5.1: Here is a nice figure!

Table 5.1: Here is a nice table!

Sepal.Length	Sepal.Width	Petal.Length	Petal.Width	Species
5.1	3.5	1.4	0.2	setosa
4.9	3.0	1.4	0.2	setosa
4.7	3.2	1.3	0.2	setosa
4.6	3.1	1.5	0.2	setosa
5.0	3.6	1.4	0.2	setosa
5.4	3.9	1.7	0.4	setosa
4.6	3.4	1.4	0.3	setosa
5.0	3.4	1.5	0.2	setosa
4.4	2.9	1.4	0.2	setosa
4.9	3.1	1.5	0.1	setosa
5.4	3.7	1.5	0.2	setosa
4.8	3.4	1.6	0.2	setosa
4.8	3.0	1.4	0.1	setosa
4.3	3.0	1.1	0.1	setosa
5.8	4.0	1.2	0.2	setosa
5.7	4.4	1.5	0.4	setosa
5.4	3.9	1.3	0.4	setosa
5.1	3.5	1.4	0.3	setosa
5.7	3.8	1.7	0.3	setosa
5.1	3.8	1.5	0.3	setosa

Bibliography

Xie, Y. (2015). *Dynamic Documents with R and knitr*. Chapman and Hall/CRC, Boca Raton, Florida, 2nd edition. ISBN 978-1498716963.

Xie, Y. (2019). *bookdown: Authoring Books and Technical Documents with R Markdown*. R package version 0.9.2.