

2017

All productive activities for 2017 with higher frequency attributed to larger size are represented in the wordcloud below.

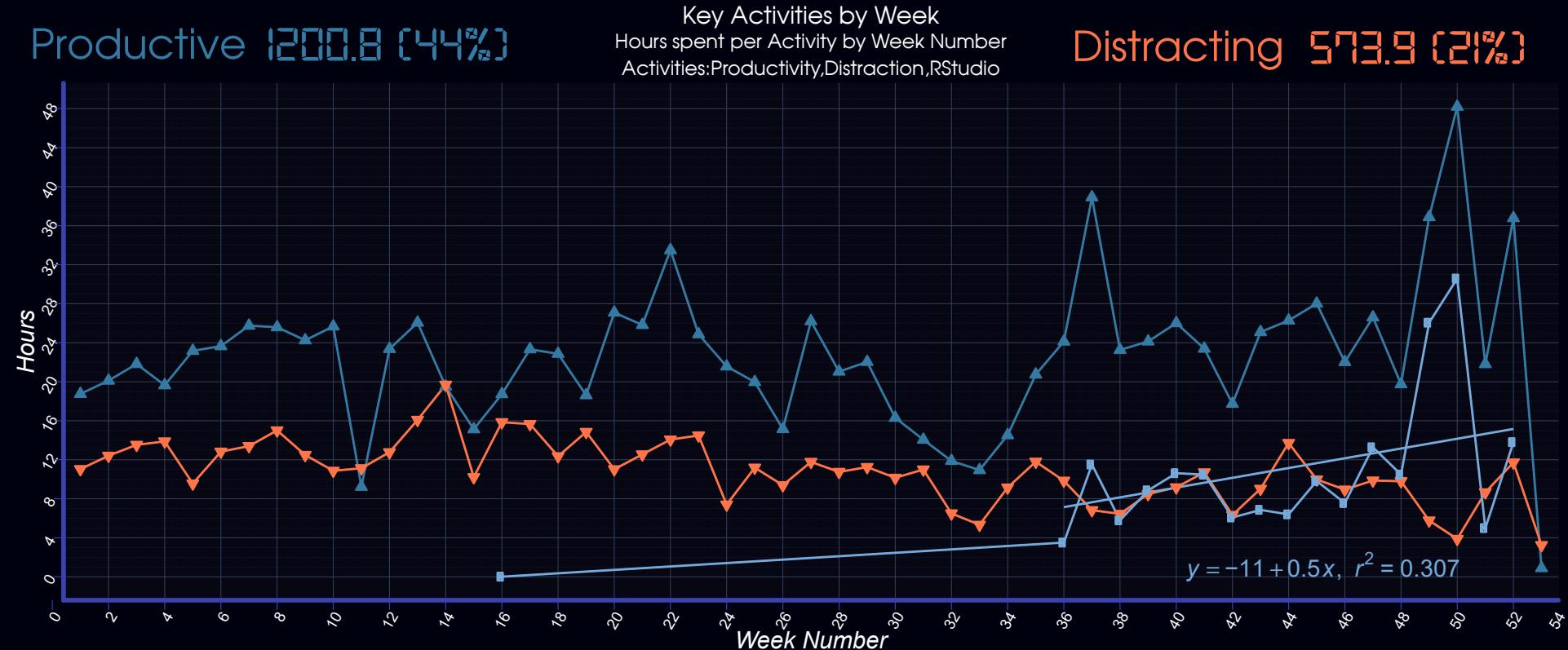
# The Digital Shadow Illuminated

"We seldom realize, for example that our most private thoughts and emotions are not actually our own." - Alan Watts



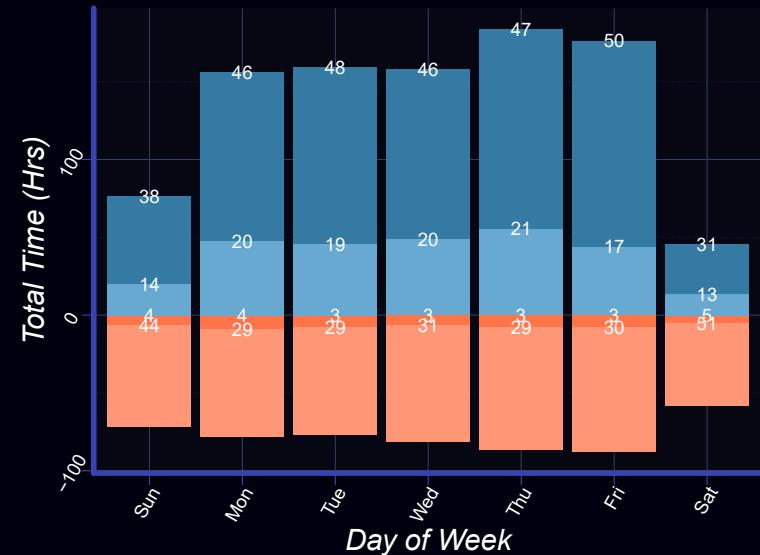
Rescuetime: "A personal analytics service that shows you how you spend your time and provides tools to help you be more productive."

**Productive** 1200.8 (44%)



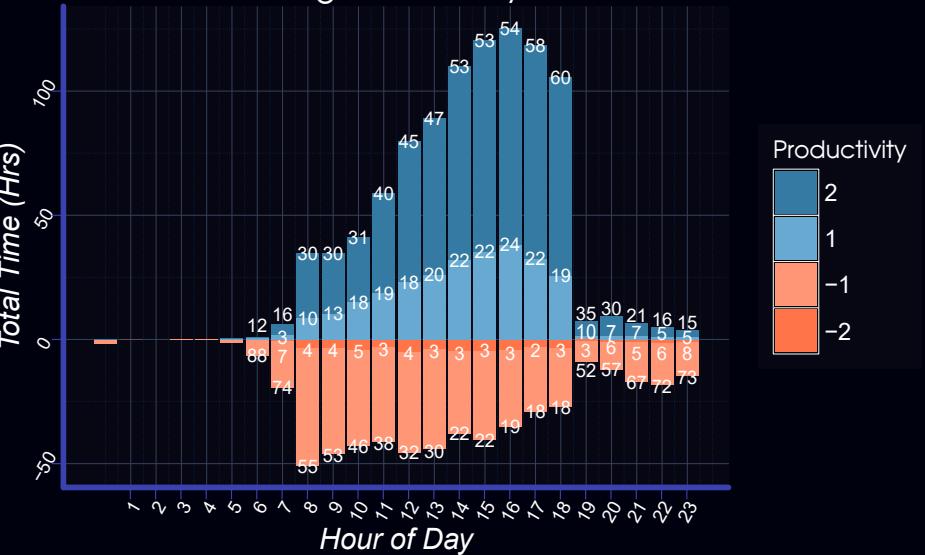
2017 by week, Productive hours the top blue line. Distracting the red middle. RStudio hours, a new development with the Data Analytics grad certificate I am pursuing in light blue. A trendline and equation is provided for RStudio usage indicating a 50% increase in hours spent using RStudio for each progressive week in the program of study. Hour totals by activity are in the corners, with % of total for Productive, Distracting, and RStudio.

Total Productivity for Year 2017 by Day of Week  
Percentage of Total by Day in Labels



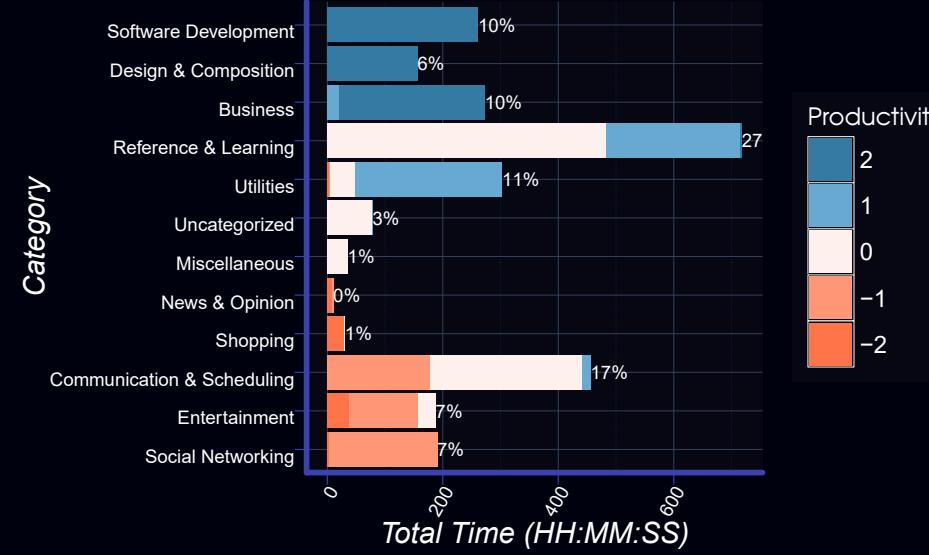
Thursday is the most productive day of the week.

Total Productivity for Year 2017 by Hour of Day  
Percentage of Total by Hour in Labels

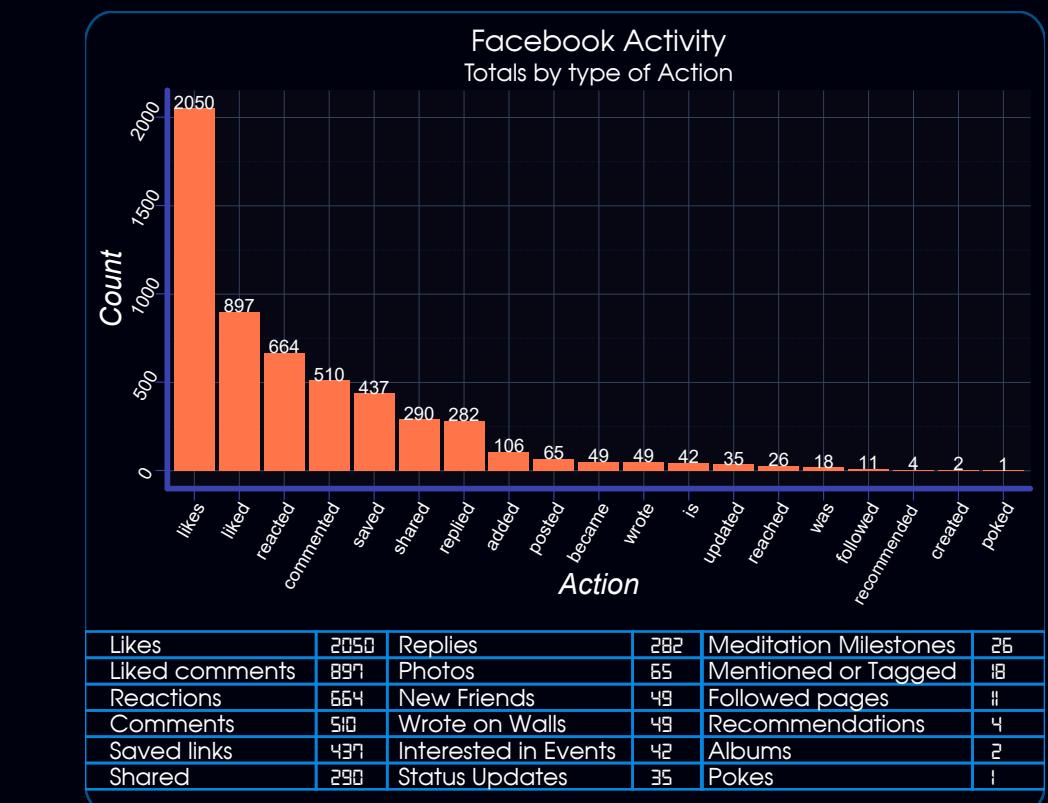


The most focused work happens between 3 & 5p.

Total Time per Activity Category  
Rescuetime Primary Categories



Productivity



Likes	2050	Replies	282	Meditation Milestones	25
Liked comments	897	Photos	65	Mentioned or Tagged	18
Reactions	664	New Friends	49	Followed pages	11
Comments	510	Wrote on Walls	49	Recommendations	4
Saved links	437	Interested in Events	42	Albums	2
Shared	290	Status Updates	35	Pokes	1