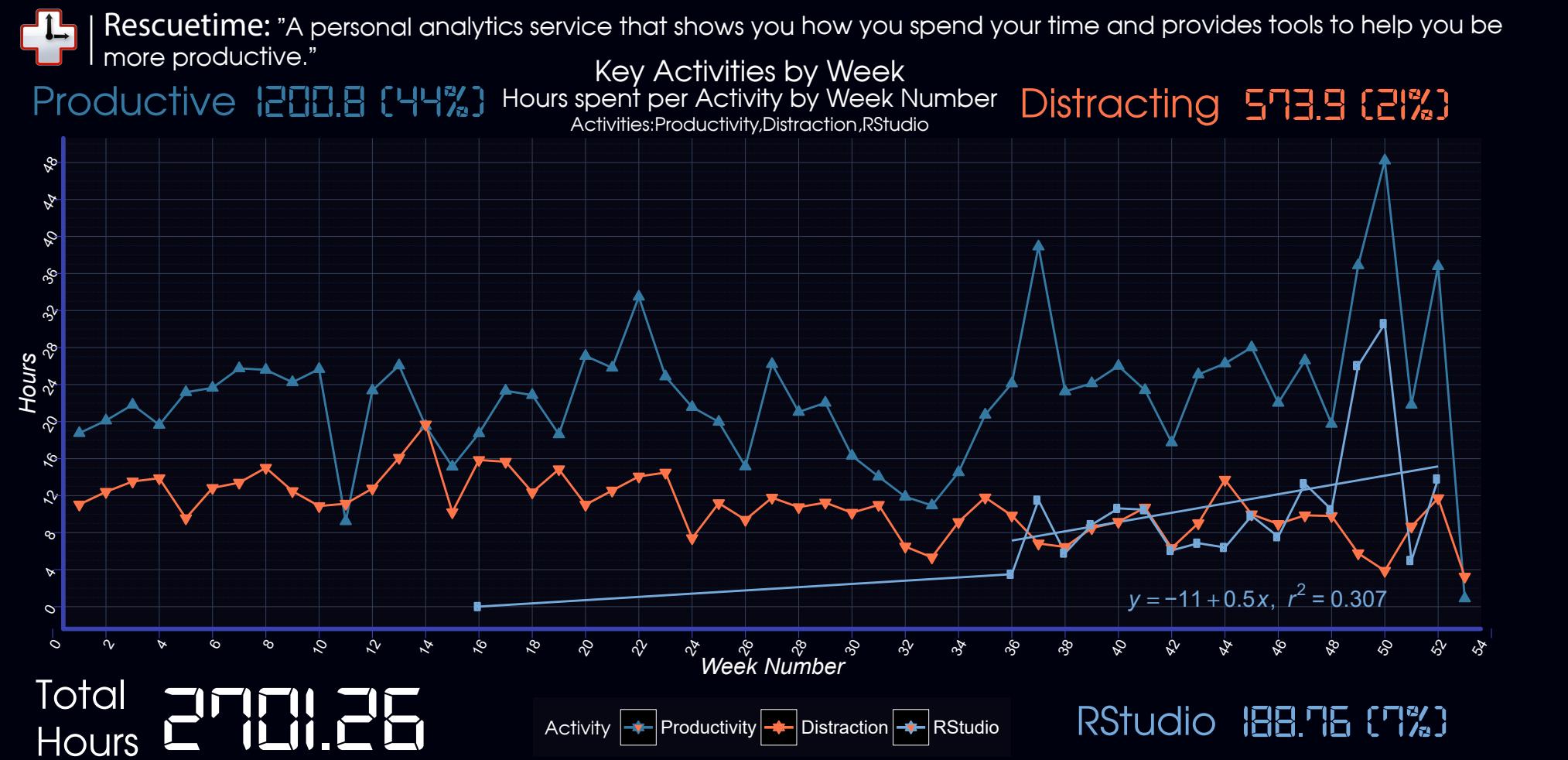


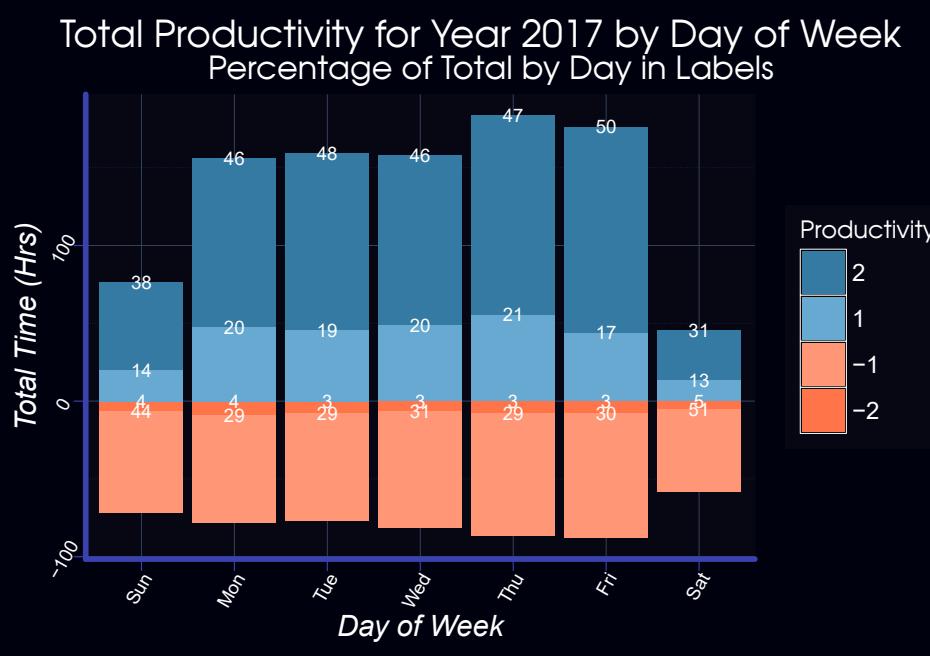


# The Digital Shadow Illuminated

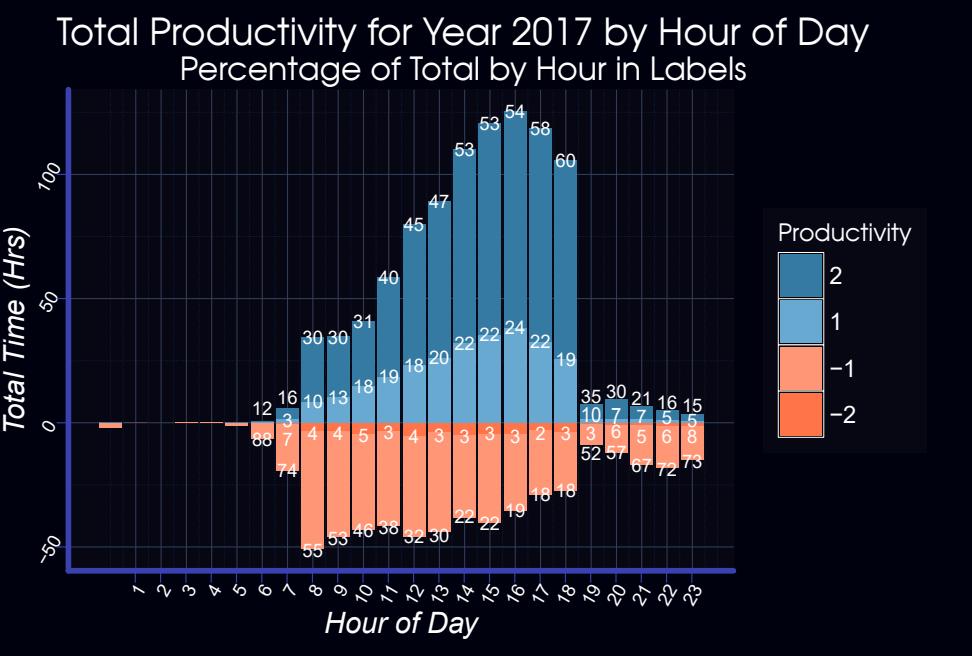
"We seldom realize, for example that our most private thoughts and emotions are not actually our own." - Alan Watts



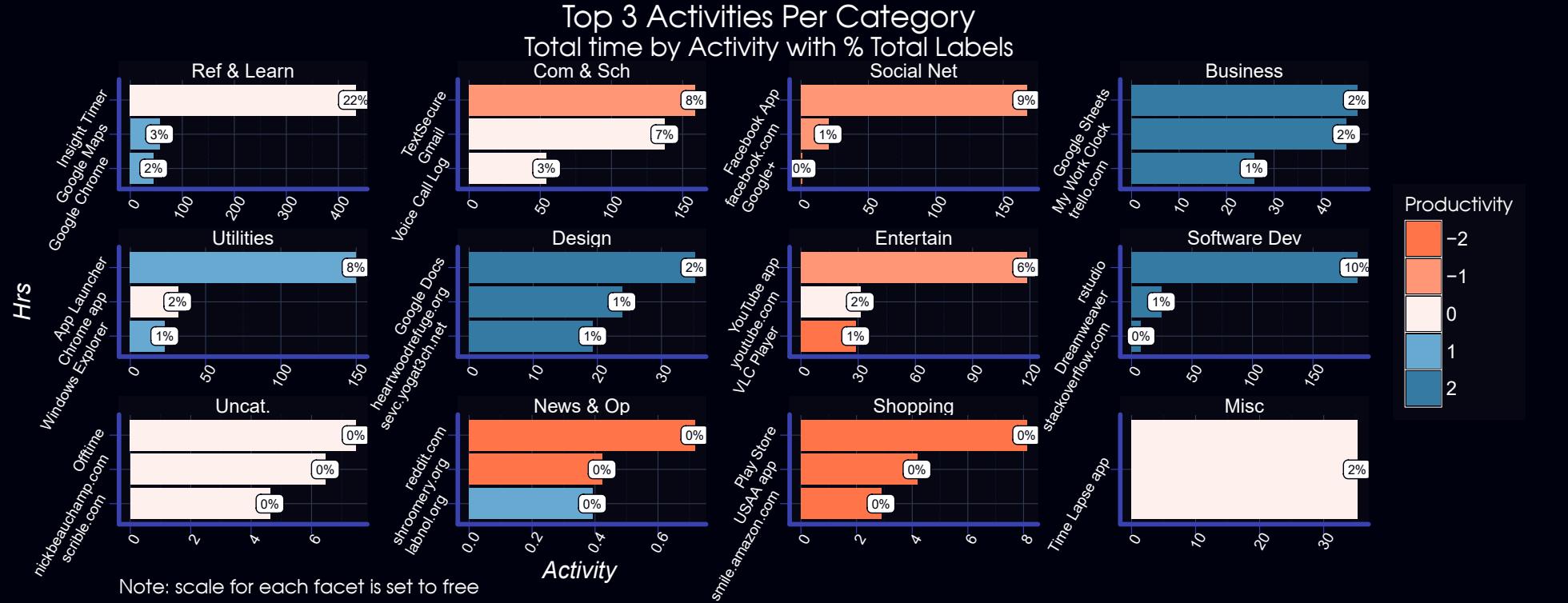
2017 by week, Productive hours; the top blue line. Distracting; the red middle. RStudio hours, a new development with the Data Analytics grad certificate I am pursuing, are in light blue. A trendline and equation is provided for RStudio usage indicating a 50% increase in hours spent using RStudio for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



Thursday is the most productive day of the week.



The most focused work happens between 3 & 5p.



Each Rescuetime activity is separated by category, represented by each facet of this grid. The top 3 activities by total hours for each category are plotted with bars, color is mapped to the productivity classification of that activity. Each label indicates the percent of time out of the total time represented in this graph that the activity occupies.

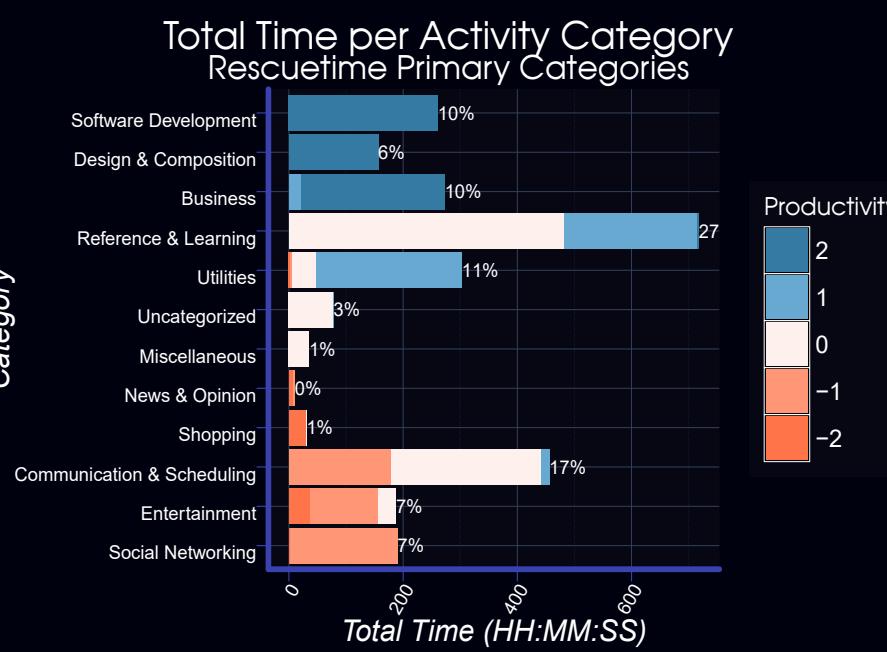
# Wordclouds: Productivity Levels

Word frequency is mapped to size with a logarithmic scale.

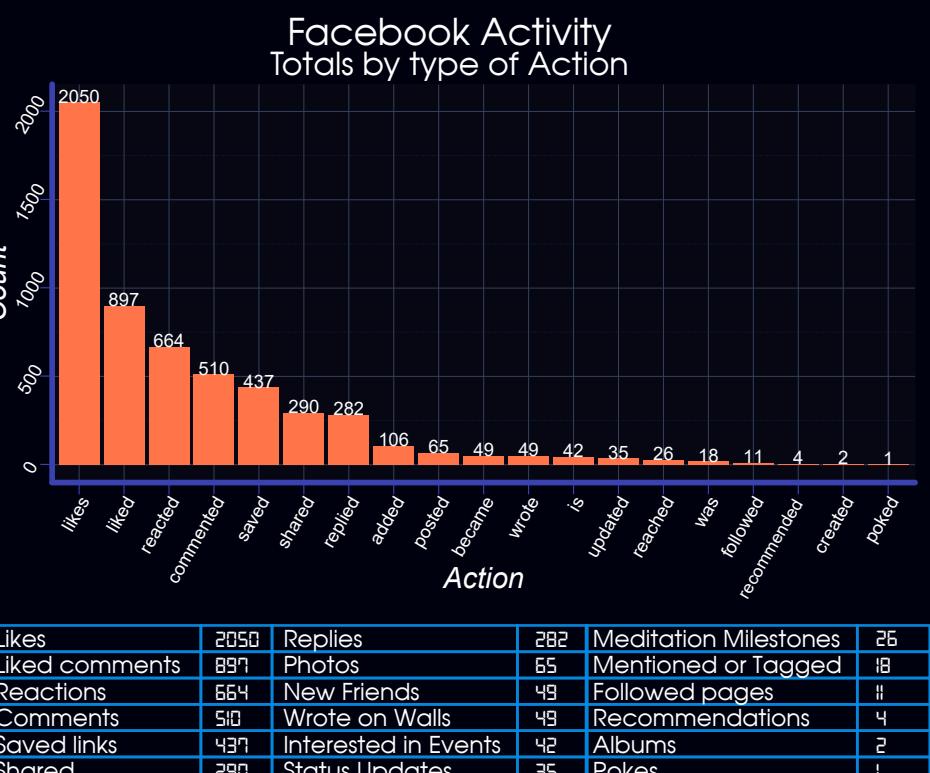
Word frequency is mapped to size with outliers removed.



This compound wordcloud above provides a more in-depth summary of the types of activities belonging to each level of productivity. The majority of activities are productive, as is made apparent by the timeseries chart, and thus requires the most space. Distracting and neutral tasks, though representing about the same amount of space, vary in



## Proportion of time per category in labels Stacked by productivity level



graph of the health activities at the foundation  
that support everything here.

