“What the hell am I doing with my days?”
When: Fri, October 11, 14:00 – 15:00
What: Other QS: Event: QS Conference
e.g., Breakfast at Tiffany's
Calendar: Tracker
Create event  Edit event »
1 event entry for each activity
5 min+ per activity
1440 min in a day
CONTEXT :: ACTIVITY :: TAG

Personal
Social
HealthFit
Career
LifeLog
Other Work
Nyle
Blog
Other QS

Research
Meet
Write
Climb
Procrastinate
Code
Sleep
Walk
Survival Misc
Subway
Wakeup
Travel
Rest
Taxi
...

Cinema
James
Ender’s Game
House of Cards
Visa application
Parents
Prisoners
Arbitrage model
Radwan
the Antidote
Deadlift
Tara
Rest
4,1
...

...
Personal: 1717 hrs

Health & Fitness: 82 hrs

Social: 398 hrs

Career: 385 hrs

Other Work: 241 hrs

Quantified Self: 28 hrs
CASE IN POINT

“Life Overhead” in a productivity-obsessed society
TOP 3 INSIGHTS

1. Manufactured Awareness
2. The Illusion of Busyness
3. How Focused is my Focus?
MANUFACTURED AWARENESS

Awareness
20 ml concentrated

Basic medicines are still needed in many parts of the world, but basic awareness is what we need here. Increasing our knowledge of different cultures promotes understanding and compassion, which helps eradicate the disease of discrimination.
“Is this really what I should be doing?”

“Is there a better way to spend my time?”

THE ILLUSION OF BUSYNESS

AVERAGE WEEKLY WORK HOURS

Invest. Banker  85
Consultant (old Me)  65
Average  40
The French  35
Me  ??
Looking busy at work is how I keep busy at work.
How focused is my focus?
AVERAGE ACTIVITY SESSION DURATION

- Sleep: 1 hour
- Climb: 2.8 hours
- Event: 2.5 hours
- Code: 1.4 hours
- Meet: 1.2 hours
- Write: 0.9 hours
- Research: 0.9 hours
- Food: 0.8 hours
- Call: 0.7 hours

1 HOUR
WORK AVG
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