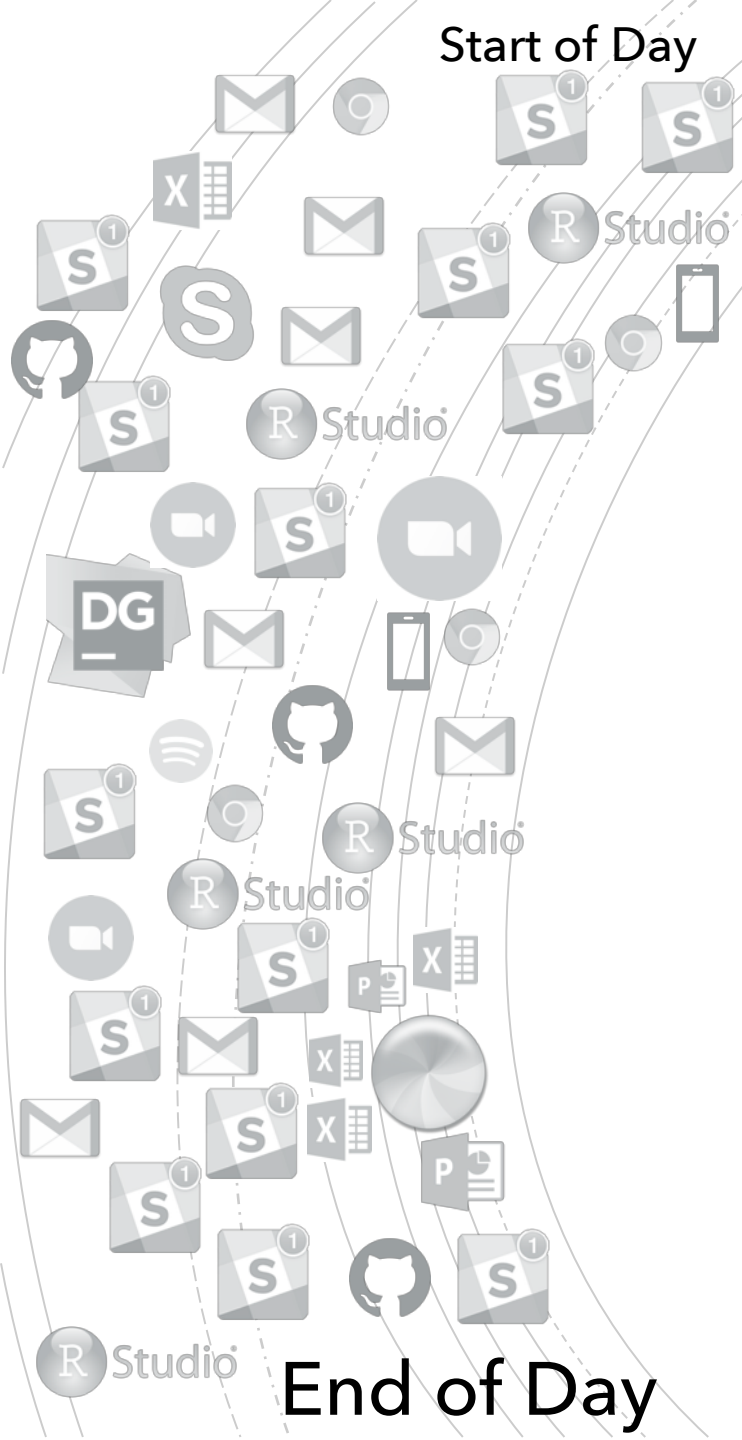


Tracking Work Distractions & Quantifying Focus

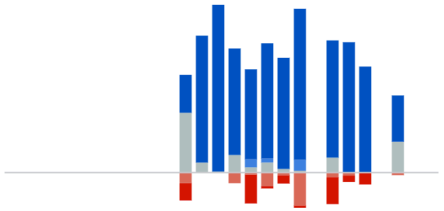
Madison Lukaczyk
September 2018

I use RescueTime to track time,
R Studio to take it to a new level

RescueTime

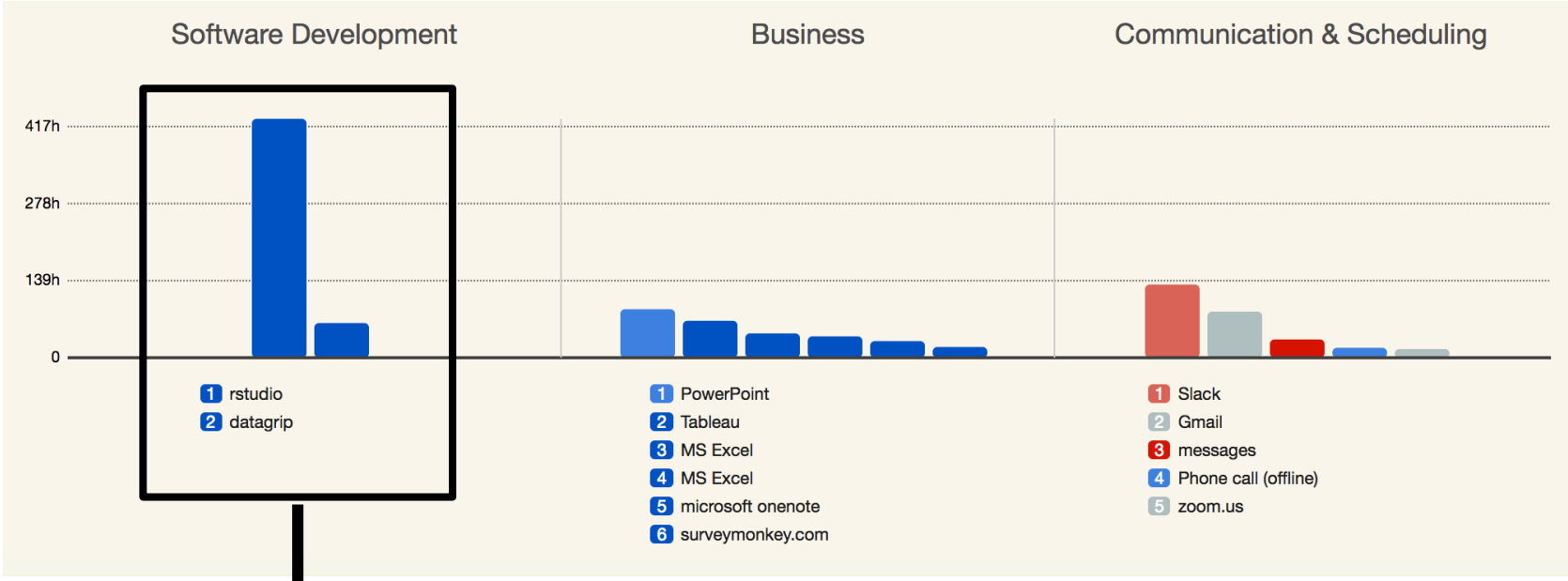
8h 9m Logged this day
1.4h more than the day before

time by hour

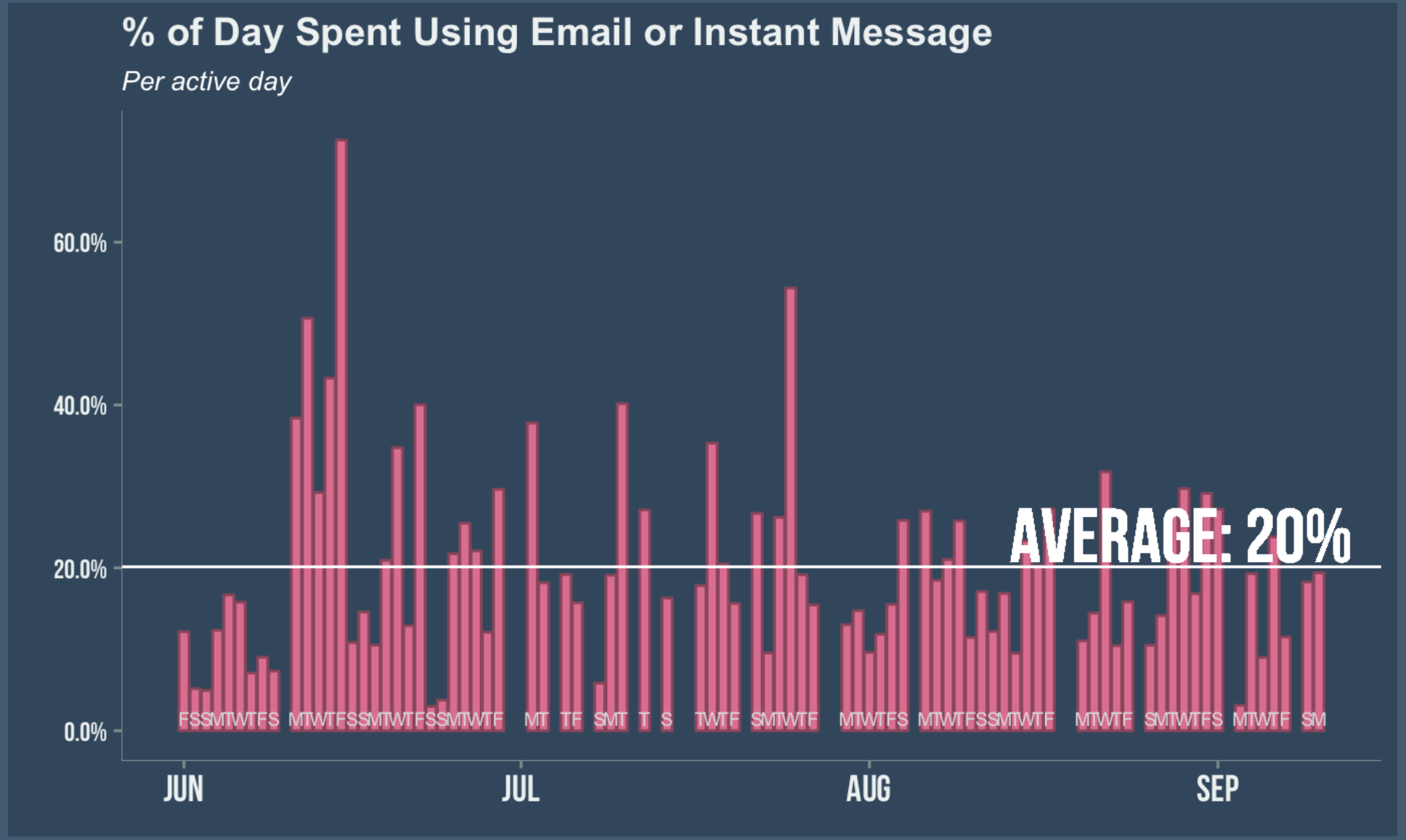


productivity pulse

29% from day before

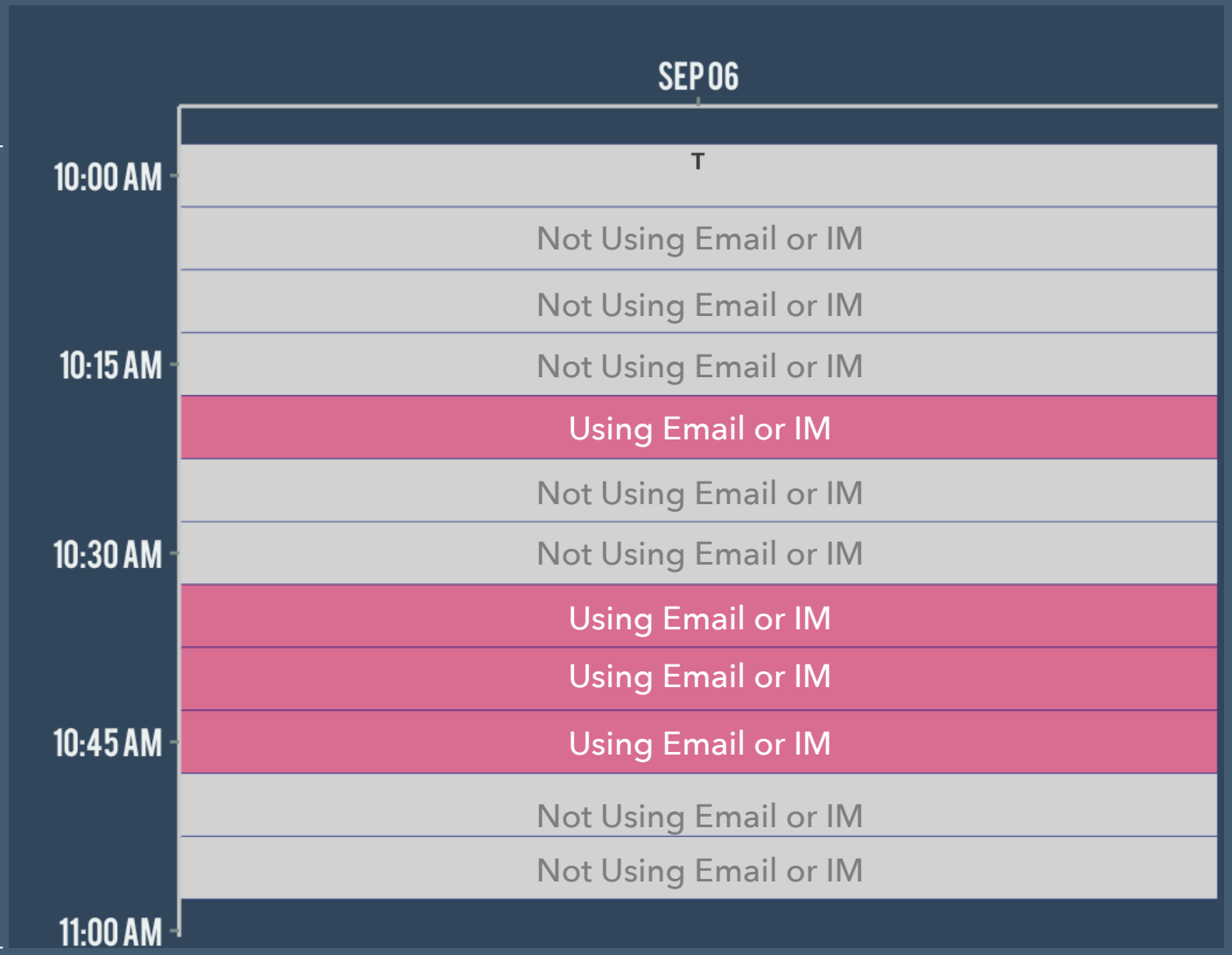


RStudio®

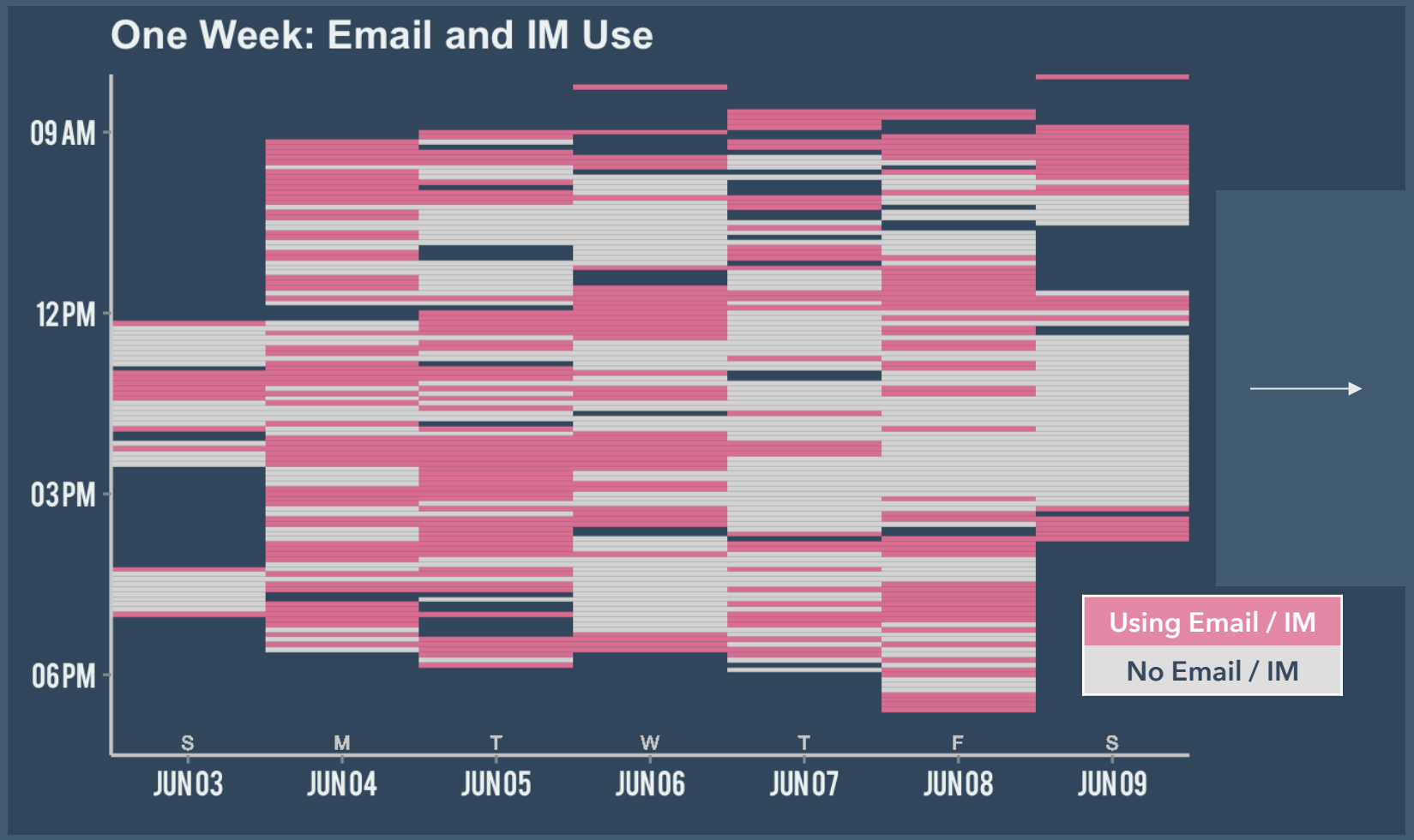


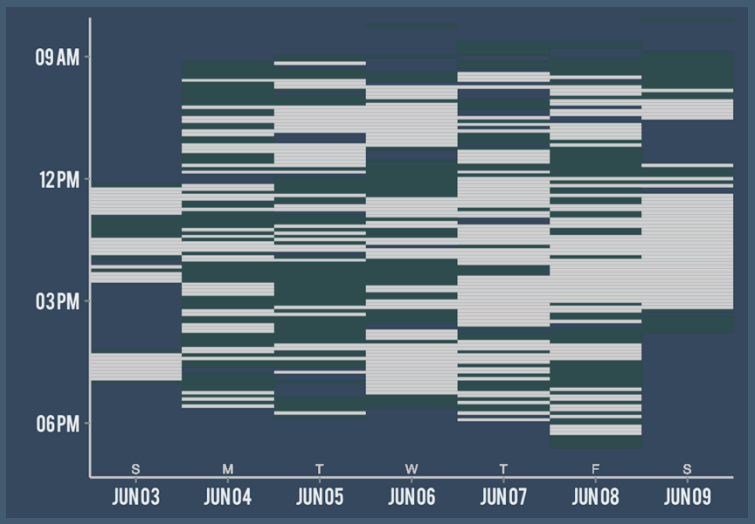
20% of my work day is spent using communication tools.

1 Hour of My Day



I may spend 5 seconds checking a Slack channel,
but it's an indication my focus is broken.





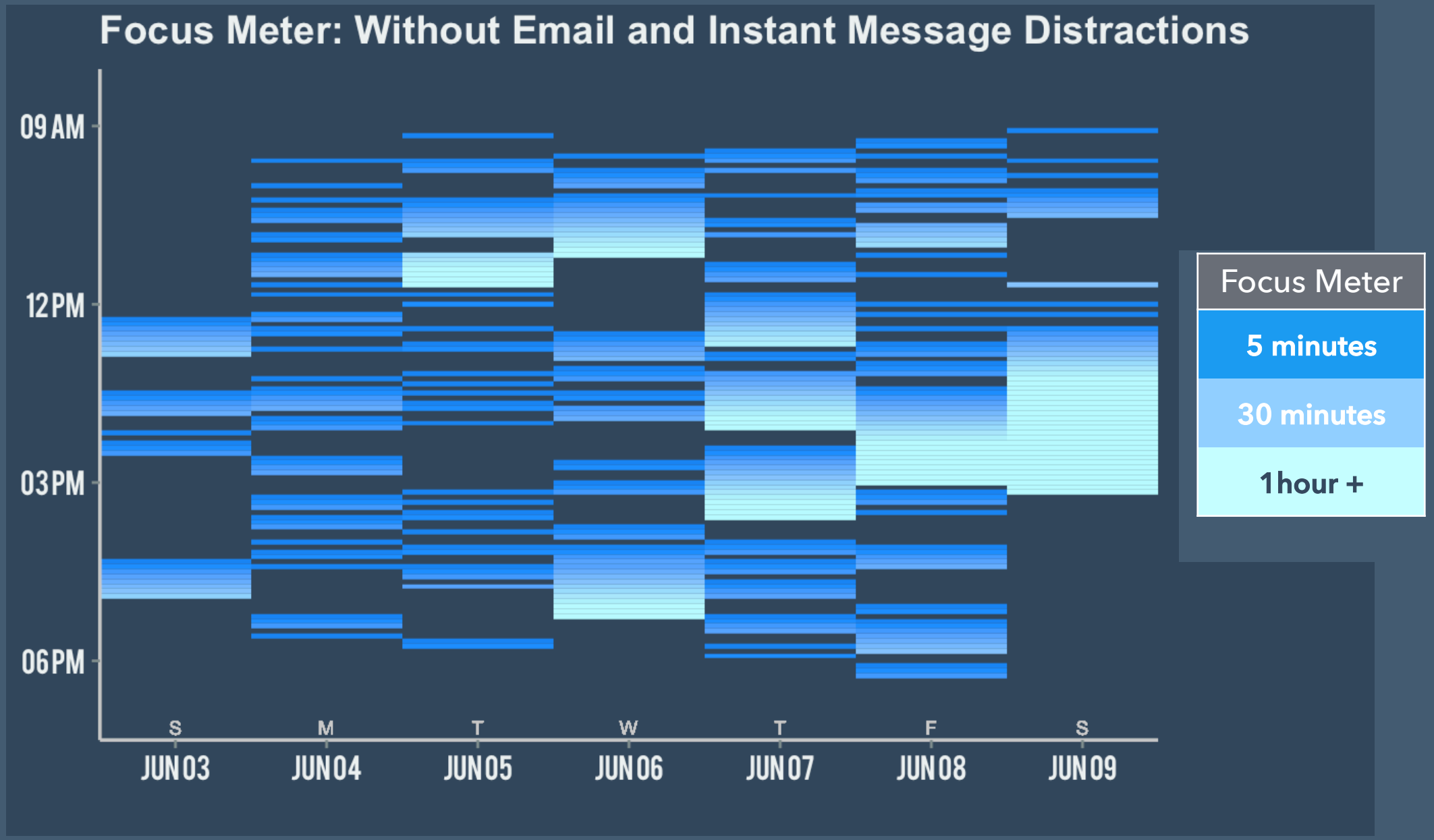
Whoa that's 40 – 60% of my day using Email / IM...

and not much time left for focusing.

Focus Meter
5 minutes
10 minutes
15 minutes
20 minutes
0
5 minutes
10 minutes
0
0
0
5 minutes
10 minutes

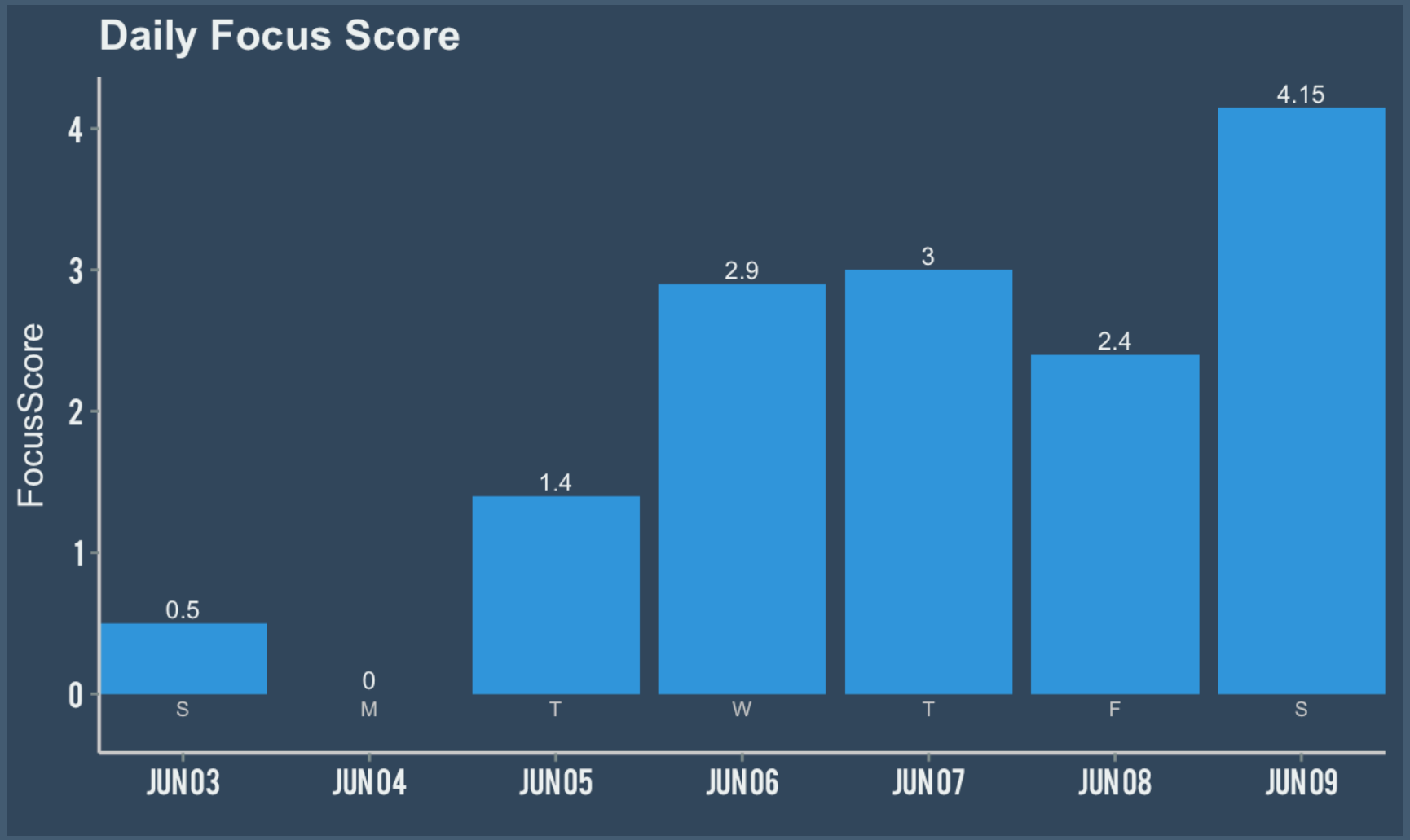
each 5 minute block without a communication tool =
+5 minute increment on my focus meter

The depth of focus is also needs to be considered;
I'll quantify it with a Focus Meter.



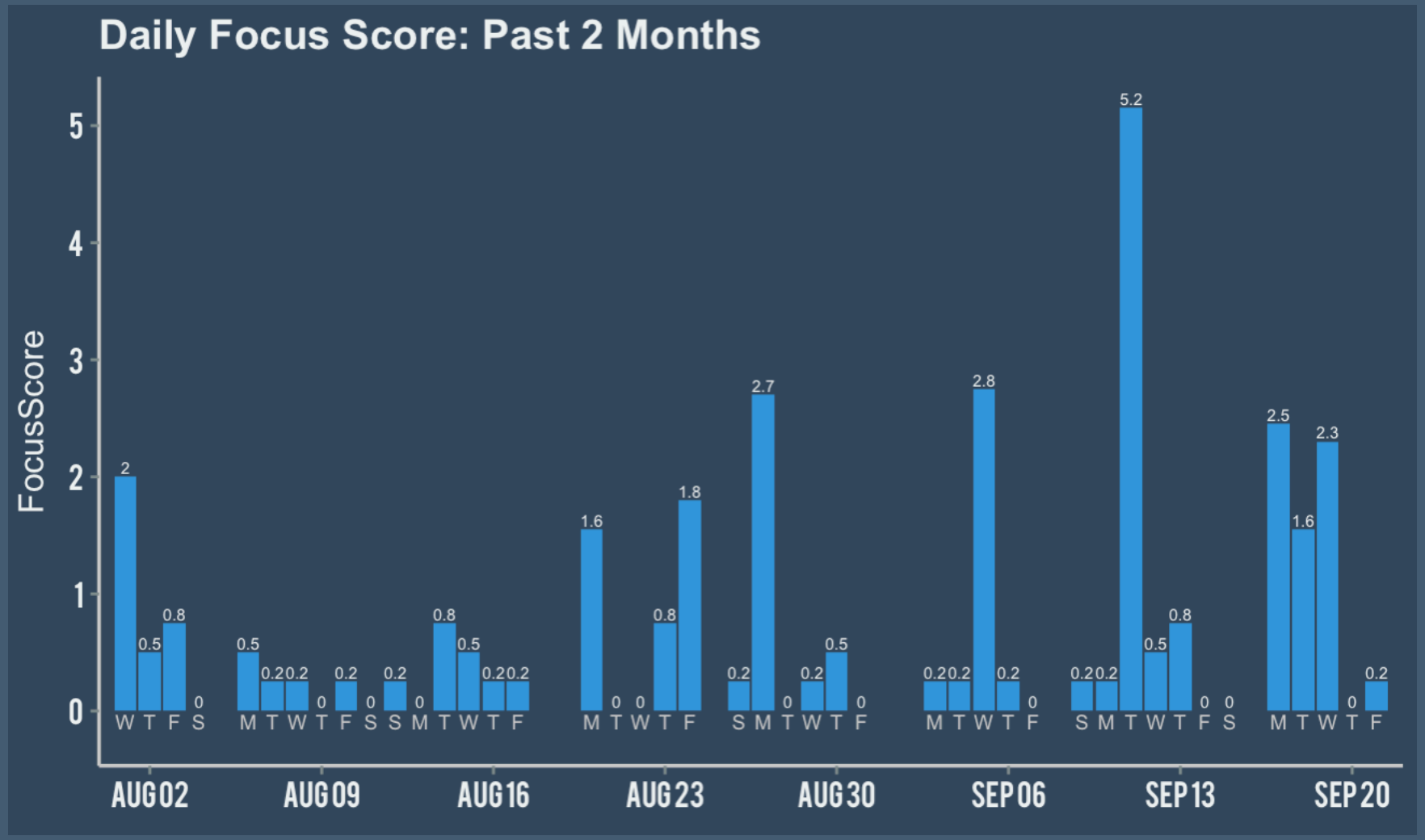
The Focus Meter reveals I have the skill to focus in-depth some days. :/

Improving focus seems more actionable when its wrapped up into a Focus Score.



Focus Score Point System	
Focus Meter	Points Given
Every 30 minutes	**.25 points**
Every hour	**1 point**
Every 5 minutes following 1 hour of focus	**.1 points**

DISCLAMER: This is a good week.



Focus Score Point System	
Focus Meter	Points Given
Every 30 minutes	**.25 points**
Every hour	**1 point**
Every 5 minutes following 1 hour of focus	**.05 points**

I'm still working on improving my focus.

What I am learning:

- Shallow work is enticing; even business communication tools can be a trap
    - FOMO applies to business IM & Emails too

- I am more self-aware of my focus and the urge to distract myself with more simple “work”

- I can focus when no one is around (weekends, before/after work) so I just need to use it more on work days

Improving my focus score:

- Reduce communication notifications

- Develop a habit of starting deep work sessions in the morning

- Review the prior day’s focus metric to give myself something to improve on

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Acknowledgements

J.P. Myers

Robby Macdonell

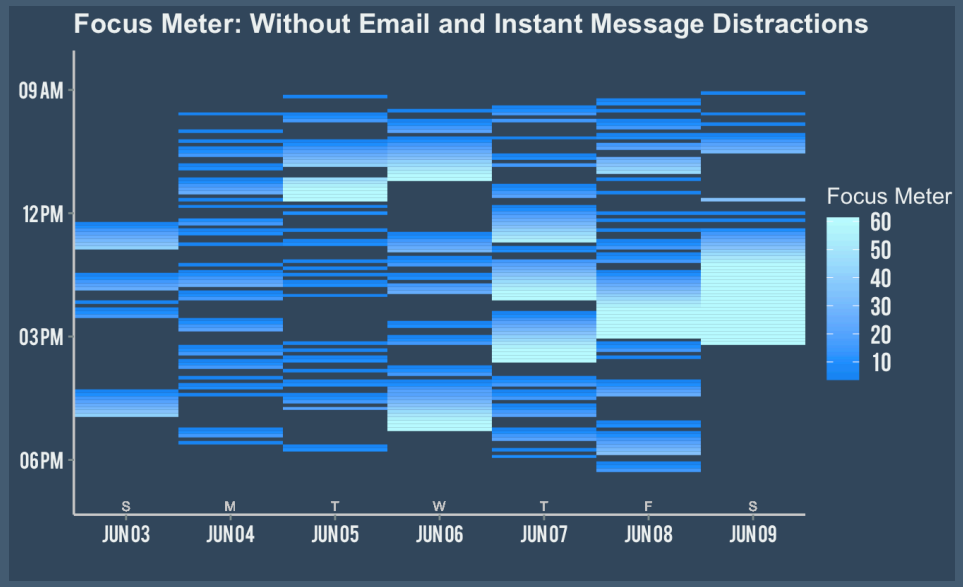
References

Deep Work: Rules for Focused Success in a Distracted World
by Cal Newport

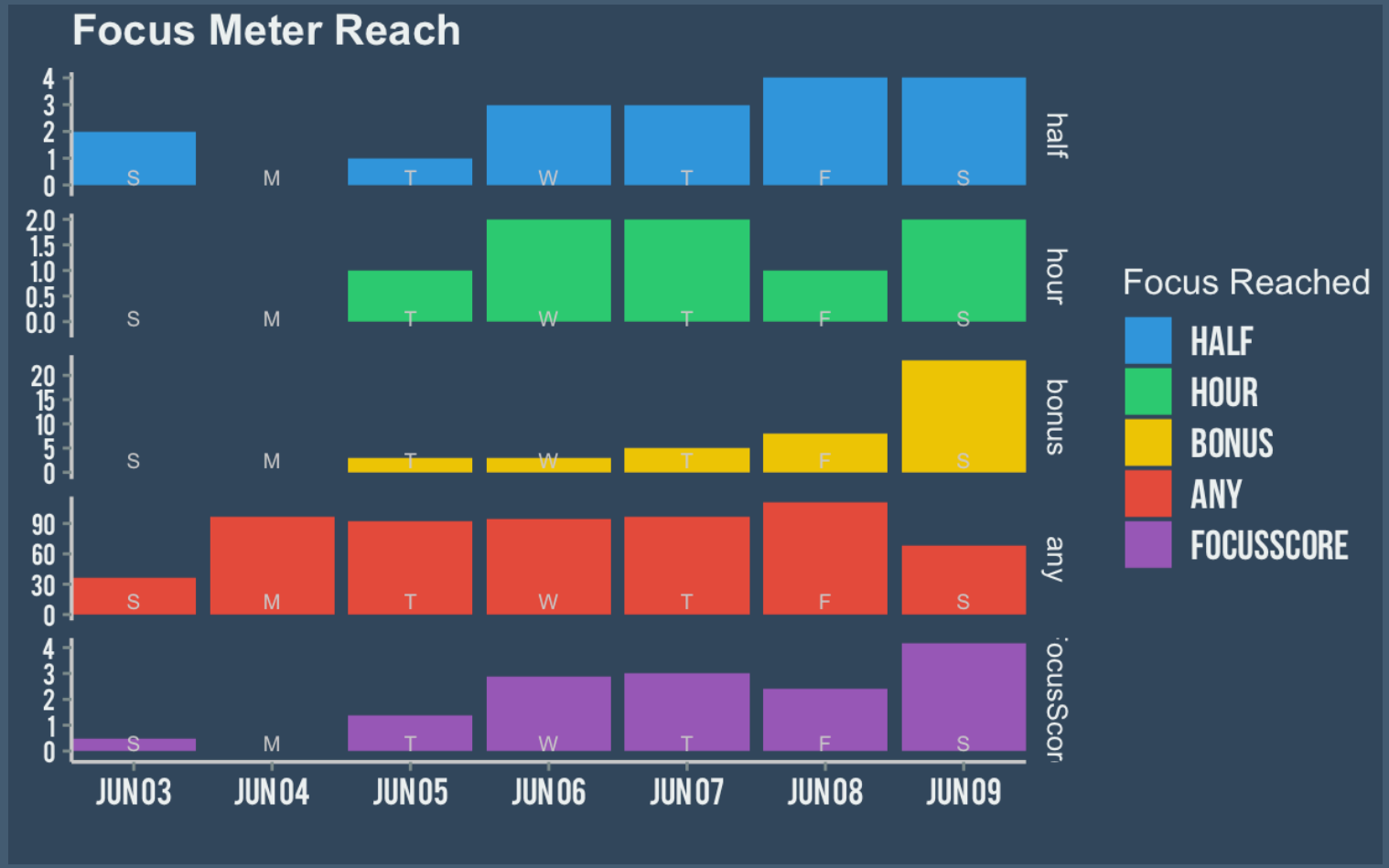
Hyperfocus: How to Be More Productive in a World of Distraction
by Chris Bailey

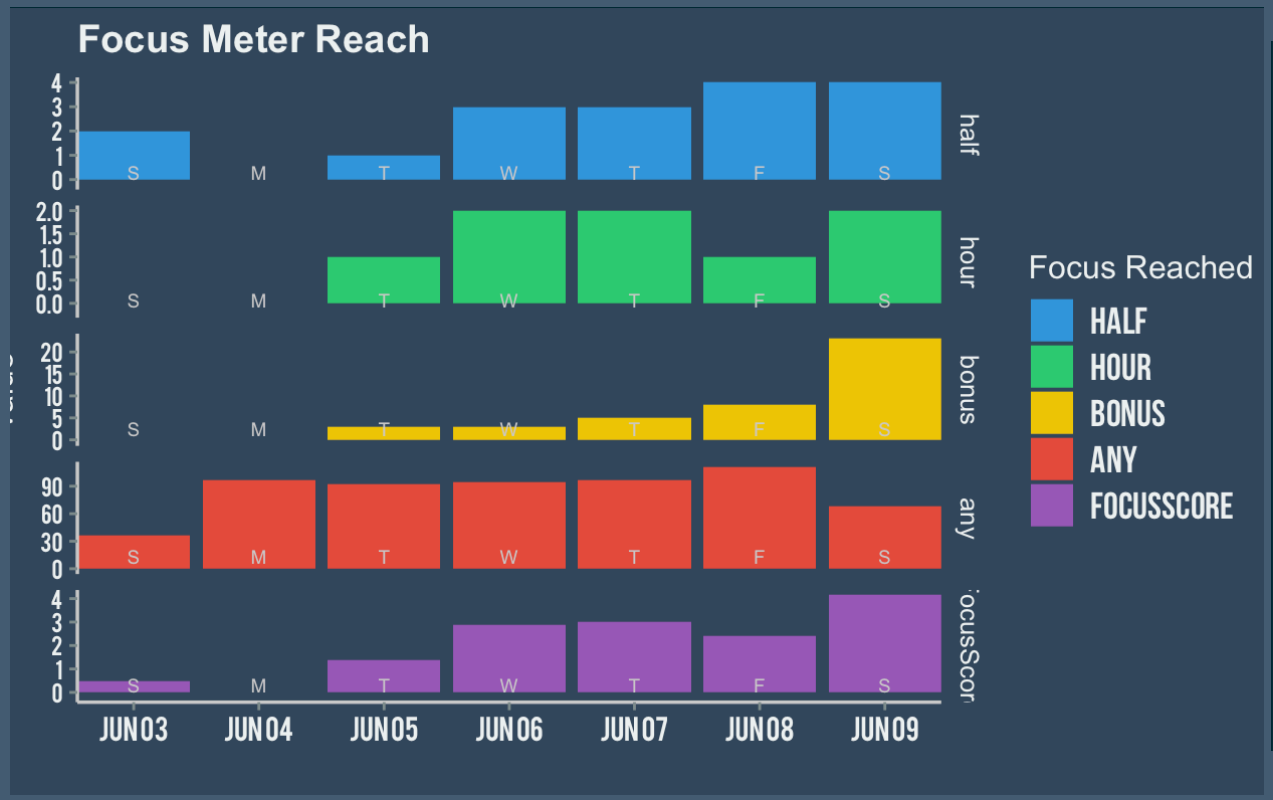
Look for RescueTime at Office Hours today!

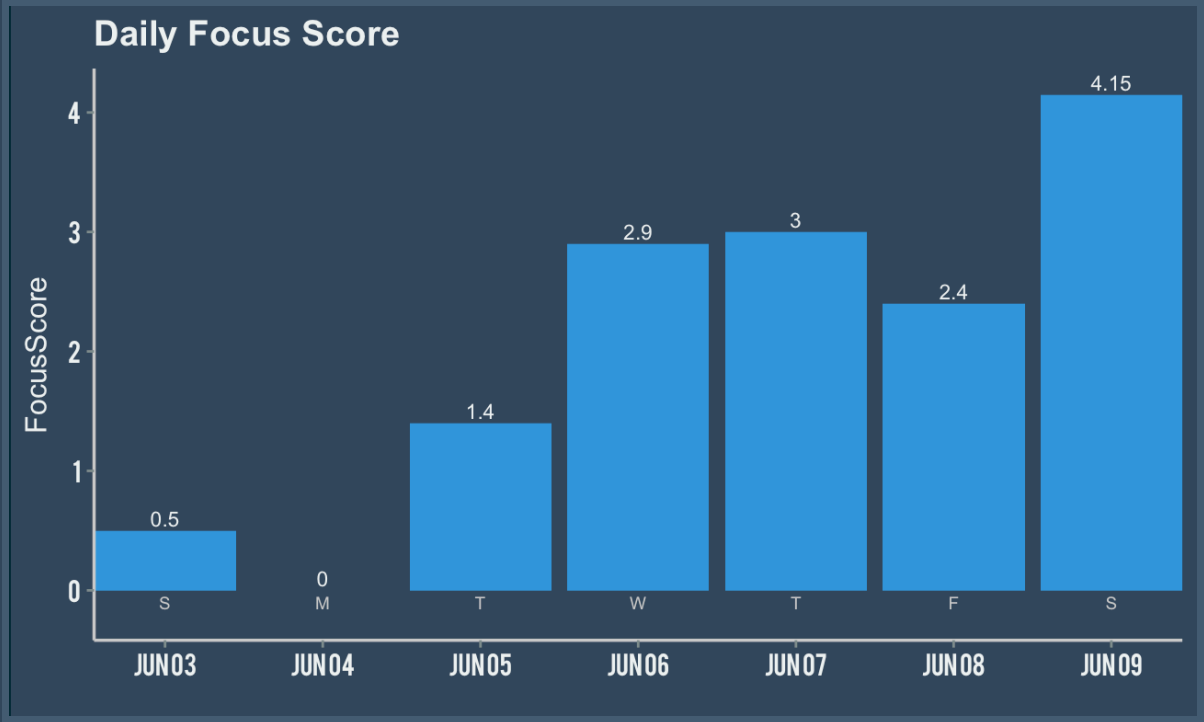
APPENDIX



On Wednesday I focused for 2 power hours, 3 half hours and 15 minutes of bonus time.







On Wednesday I focused for 2 power hours, 3 half hours and 15 minutes of bonus time.

So my score is:
(2 * 1) + (3 * .25) + (3 * .05) = 2.9

Focus Score Point System	
Focus Meter	**Points Given**
Every 30 minutes (HALF)	**.25 points**
Every hour (POWER)	**1 point**
Every 5 minutes following 1 hour of focus (BONUS)	**.05 points**