Mattia Rainoldi: Start the recording another time so it should be on right now, right so let's start again, and the first question that I had for you was to tell me a little bit about your typical workday?

P25: I no longer have a typical work day I have been I, I had a very large deal that closed in in March I'm sorry in April, and I was able to earn enough money to cover my expenses, my expenses now are so low that I don't have to work as much, so my typical workday is I do everything I want to do, and then I work. And then I keep doing everything else that I want to do so, there is no set time frame that I work. When I lived in New York and worked and slaved my ass off for 15 years I will work 12 hour days and I'm not doing that anymore.

Mattia Rainoldi: Alright. So, what are you trying to say is that you are prioritizing your leisure activities over your work right now?

P25: I'm, I'm creating a better space, a better environment in which I can work at my at my pace, not as someone else's thing.

Mattia Rainoldi: Mhmm. So, how would you describe how independent are you choosing when to work and when to take time for your other activities?

P25: I have all the tasks that I need to accomplish in my to do list APP, and so I just opened up the Apps in the morning and I have kind of a routine. So the faster I get through my routine, the sooner I work, but I do my routine for sometimes there might be interruptions like today, um, there was a repair person on my water, the water thing stop working so I had to go to the ATM to get money, so instead of me, you know getting to the beach at 10. My café is on the beach, I my, my apartment is two minute walk from the beach so normally I would just go to the beach and meditate in the morning, but today I went to town first and then came back and then I kept with my routine so my day probably won't start until maybe wanted to it kind of depends on when I have my coffee. I have coffee and then I worked in two in the morning and but I might work till two in the morning, unless I get distracted but I don't have to work 12 hour days, but the coffee that I have at this restaurant does help me work for 12 hours straight if I wanted.

Mattia Rainoldi: Alright (laugh), that sounds interesting yeah. So you were telling me about your routines, what is exactly is your routine?

P25: So I meditate, I have the option of walking or jogging in the morning, then I can take a yoga class, then I have coffee and I do some cleaning in the morning, I shower or do you know wash your face, brush my teeth, I might make some food or a snack or some tea and then I packed my bag and then I can start my day.

Mattia Rainoldi: Okay fantastic.

P25: And take any supplements in the morning that I need to.

Mattia Rainoldi: Right. What I saw from your diary is that you do do work every day?

P25: Yeah, I do.

Mattia Rainoldi: Is that normal for you?

P25: Yes, I I give myself the ability to take a day off, but because the work of singing is something that I actually love doing, yesterday, which could normally Saturday or Sunday can be a rest day for me, but if I'm doing something that I really enjoy doing, they say when you work you never, they say when you do what you love you never work a day in your life so for me singing all day didn't feel like work it just felt like I was singing and practicing and learning and it was just it was very peaceful and relaxing for me even though it does come under the work category now, as I may I may earn income from it, it didn't feel like work in terms of me sitting at my computer.

Mattia Rainoldi: I understand yeah. And how does it feel working on your computer?

P25: Um, it depends on what I'm doing. I pretty much like everything that I do I don't really do much I don't like my computer, um, my my port on my computer stop working during the survey, one of the first couple days, and so it took a while for me to get my computer to actually turn on so I was really doing a lot of work for my phone, so I was adapting to um, my not having the my my my computer be able to turn on.

Mattia Rainoldi: Right. But on a regular day, how does it work, so what technology do you use in your work day?

P25: Just my laptop or my phone it depends on how I feel that day, what I have to do. I work, I type very fast, I type 60 words a minute so about it really helps my workflow to use my computer.

Mattia Rainoldi: Mhmm. And I've being seen that you work from from a café and you already said it, the café at the beach or from restaurants and from hotels, are those typical places where you usually work from?

P25: No, I only work from the restaurant, I only work on the café. I don't generally work anywhere else. I worked at the café and I work at home, when I'm at the hotels I'm viewing properties for my clients so that's work but it's not computer work it's me seeing the property use my phone and take video and talking to the agent so um, so I'm doing I'm doing the same work that I was doing back in New York, except my clients are different, the budgets are different and it's more networking it's more me knocking on doors, asking people asking people if they know someone so my day is more, when I was doing when I was working in Manhattan I was renting apartments, and so I would have a set of buildings that I worked, and I will go and take clients who needed to see it, but at a minutes notice, but after myself, I was able to work from during the sale transaction, which lasted three months, it was an all cash deal and I made four times more money in that deal than I did working 12 hour days for 10 months I make I make four times more than what I made in 10 months in three months working remotely from home in Chicago and St Louis not even mostly in the same city, so I was working like an hour, maybe two hours a day, but it wasn't like I was I was slave in my and running all around town like I had been doing when I was doing rentals so doing that sell really helped me adjust from doing rentals to doing sales, I saw that I can be paid much more lucratively and not work so hard like I would literally leave my house at 8am and get home at 8pm or leave at nine and get back at nine and I'll leave at 10 and get back at 10 since it was just be the whole day I will be walking five miles a day up and down five story walk ups, and here I don't have to do any of that I might see two properties a day I might see 10 properties. I haven't had a day, where I saw some properties in a day, but I make a lot more progress as more people know that I'm here. And I am here in Mexico very privately, I have not made it known on my social media accounts, I have not made it known as my employer, that I am away so I appreciate the discretion of this interview, and this conversation um so I act as if I, I can still act as if I live in New York. My owner, the brokerage knows that I just spent time in St Louis but my brokerage does not know that I'm in Mexico. Technically I'd like to keep it that way.

Mattia Rainoldi: Oh yeah sure.

P25: You get you get paid you get paid more and you're more valuable of an asset if you're in the country (laugh) working than if you're not in the country.

Mattia Rainoldi: Yeah I understand.

P25: The perception is always the reality.

Mattia Rainoldi: So are there many rules that your employer imposts to you?

P25: No. As a real estate agent I'm not an employee, I'm an independent contractor and I only get paid when I when I earn a commission and most of the comissions that I earn our our on myself and before that reason, like the sale that I did the the actual sell the actual permission was $120,000 split well, it was more like 140,000 what between two company, and I have to, I have to give my company 30,000 and I got I got 40,000 something like that.

Mattia Rainoldi: I see.

P25: So I only get paid when I do a deal and so doing that deal gave me the confidence to do more sales listings, so now I have 10 sales listings and Mexico and I'm starting my own brokerage. So my tasks that I do here is about me pushing myself, I have to push myself, because all my expenses already paid. So if I if I choose not to work, not it just takes away from future money but knowing that I can earn more and have more money to do more thing gives me the motivation to do more work because technically I don't have to work um, but I choose to work, because I know that I can be of service to people, I can have more money for you know, should I start a family, you know to travel more, to eat better to experience you know more thing at a higher quality of life, I can have a better the more money I have flowing in regularly the better quality of life, I can create for myself so really my focus is less on doing what I need to do for that brokerage in New York, but doing what I need to do for myself so then it comes to a sense of will I do it, what will I do, and so I have to really use my Apps to schedule my days out more and Allie helped me because I did this six weeks. I did her six week course and in that course part of the reason I did that course, because I realized that in my travels in Mexico I've been here for five months that I don't do as much work, you know I am very much more distracted by you know, having an ocean view (laugh) you know my my my café is right on the beach and I'm looking at waves, I see surfers is nude optional beach, so I you know it's it's very free it's you know very hippie, it is very relaxed (laugh).

Mattia Rainoldi: So what would you say that what makes that café a good place to work from?

P25: It's really cheap food, but coffee is 15 pesos, which is about 75 cents. And it's really strong (laugh) and the food that I eat, I eat this fish sandwich with fries and it's only is 60 pesos which is $3 (laugh). So it's like the cheapest cheapest place on the beach. And it's only two minute walk from my house and it shaded, it has nice tables, the staff is really nice very friendly but it's cheap and I can see the sun, I can see the waves, but not be in the sun and and it is a very comfortable place for me I it's my favorite place second from my apartment and it has a nice breeze and it's like a family owned business so there's always like a grandma grandpa a cousin, a friend, a brother it's just nice and if a lot of people here or not a lot of people right now there's three other guests. And it's a different set of people every day and the waitstaff are nice to me, but they don't like keep coming up to me, asked me if I need anything so they they don't like interrupt me so it makes it easier to work when I when I have on my headphones and I'm in the zone, they don't disturb me, but if I need something there right there.

Mattia Rainoldi: I see, yeah. Okay, so and when you are working there. Um, so how do you see. Do you see that technology have an influence on your work choices?

P25: No, no, it doesn't. I wouldn't say it does, if you if you're interested, the question I may be able to answer differently, but that question in it of itself as a yes and no, no.

Mattia Rainoldi: Mhmm. But it helps you to be working from the beach?

P25: Yes, I am able to do work from the beach, because I have my laptop and because I have my phone, if I didn't have my phone and my laptop yeah I could do I could do something, but definitely WhatsApp is kind of my lifeline if I didn't have WhatsApp it will be more difficult if I didn't have a phone at all, it would be I wouldn't be able to be here, but I can't be anywhere without a phone so that's and I have an Apple iPhone so I'm basically always on my phone, so I can work just for my, by having my laptop it allows me to work quickly and do more things, save time more, I can I can be online, I can watch a video in the background, was when I have my laptop.

Mattia Rainoldi: Okay yeah that's that's that's interesting and what I saw in your diaries is that you use this the same technologies and same devices and same applications, so a wide range of them both for your work as well as for your leisure time yeah. So what is the reason for it?

P25: I'm pretty simple, I'm a minimalist. I don't have a lot of things, everything that own is it sits in my backpack, and so I just learned how to do more with less. And I'm very routine or like I'm very order like I like order I like I like to know what to expect and so educationally I add in a technology but being here the things that I'm mostly needed to use on my camera to do it, which is what I use to track my tasks and I transpose work and leisure in that APP also and so yeah I don't have I don't have a need from for much. I live a pretty simple life it's pretty simple it's pretty much the same every day with with some different things I meet different people, I go to different hotel to view like I just previewing, I'm not staying in hotels, I have an apartment so my my housing is stable. And my house and like I said is only two minute walk the Lola which is at the beach, so I moved here I moved here so that I can work from a nicer environment. I didn't move here so I'd be a tourist. I just moved here to work and pay less rent and have a better view, have a better quality of life of different quality of life. I was tired of the big city life, I wanted something small and I think my use of technology is very much in alignment with my lifestyle is simple peaceful not not too not too much data usage really, you know like some data I can use my laptop, in fact, when I met Lola I don't necessarily have to use my data and a lot of things I do, I can do with paper and pencil so because you're you're planning to talk about today, but I also have a lot of information that I put in my journal and I don't have to have my phone as many other people.

Mattia Rainoldi: All right, that's interesting and what I'm interested about now is how do you differentiate between technologies that you use for work and technologies that you use for leisure?

P25: I don't.

Mattia Rainoldi: You don't, can you tell me a little bit -

P25: (overlap) my day (end of overlap) just kinda goes through, you know, like I said I used to do it and I put in all the different categories and asked me for projects that you're working on, so I can go through my project so it's like in my to do list App. So in to do list I've put in okay I'll just tell you what my categories are that might help make it clear. My projects are shopping, surveys studies reviews, project tracker which is like my weekly accountability for myself, busking which is performing live, finances, getting things done review, I have a I have a project to switch from tick tick tick to do list, I have a co-worker accountability groups and I'm joining in Allie in a couple days and I have read, morning routine, and then under my business I have sections for I have 1, 2, 3, 4, 5, 6, 7 related real estate businesses here. And underneath the my parent company which is TH Deals, I have southern exodus visionary view, get off my couch, relevant foundation, pasa fields, hdfc and oreo and then I also have field international real estate, which is what the brokerage will be called that I'm that I'm developing so I have another project for a site for each property because I need to build a website for each property, partners for my client, then I have a project for social media, CRM management where my goal is to add 50 people to CRM, data sync management, um my Dropbox, Google drive photos, photos from my iPhone, photos that are on my computer, I simply want all of it to be in the same thing. Perhaps the more I work, the more Apps I use, the less I work, the less Apps I use, so when you see very few Apps as being used, it means that I'm being what I would consider to be lazy (laugh), not working that much (laugh).

Mattia Rainoldi: Right so what you're trying to say is basically that you use technology also to structure to create a structure around your work and to create a structure around your leisure, is it is it correct to say that?

P25: Yes, yes that's correct.

Mattia Rainoldi: Okay.

P25: Cause I I the reason that this study was challenging for me is because as a recovering as a recovering workaholic, I did not accept the idea of having leisure ANYTHING. I didn't include fun in my life for 15 years it was like an afterthought, like a non topic like 'oh I just work' and I found joy and working. And maybe my life was so boring in New York and maybe I just didn't really have a life or work on creating a life, I was just fixated on earning more so I can have more, so I can do more, so I just kind of flipped the switch, here I don't need to earn as much or I can use the earnings that I have to live longer and do I don't have to do a lot of things, I just want to sit on the beach and let my mind push out all of the ideas that I have all of the businesses that I've structured in my mind to like implement them and manifest them. So, being in this environment, having the water in front of me, it allows me to think. I find like I like working outside, I like you said I like to have a nice breeze, I like to kind of sit in the corner and observe everything, and when I zoom in I just like that to be in my background. So, having a place that I can come, a single place that I think calm and sit and be still and this kind of goes back to the last question you asked about why here -

Mattia Rainoldi: Yes.

P25: It's because once I still myself once I have a place that I can go, an environment that is that is suitable for work, I know that I can be here from 8am to 8pm, so the so the better I'm able to carve out my leisure time to fit into 5am to 8am, or 8am 8pm to 11pm, the more time I have to come and be sitting still at Lolo's because I found that most of my time in New York I was running around so. Now I'm able to accept, and partly because of our program I'm able to accept I have a personal life, I have leisure time, I do things for fun, I have a social life, these were really acceptable thought processes psychologically, for me, when I was struggling in New York to pay my rent. And I'm running around with clients desperate to do a deal, so the the focus the priority was on survival, now that I've got the survival out of the way and I can actually live.

Mattia Rainoldi: Right.

P25: There's more peace.

Mattia Rainoldi: Yeah and in creating this boundaries um, between work and your leisure, does technology help you in any kind of way?

P25: I use reminders and to do it, it gives me reminders of the things I'm supposed to do 30 minutes in advance, and I can decide if I'm going to do them or not, or I decided if I'm going to reschedule them. I usually reschedule a lot of things, because I don't feel like doing them at the moment, but some things I actually do and I and and one thing that Allie has thought me was that I don't have to have words like 'should do, must do, have to do', but rather I can choose to do things like I want to do meditation, I want to I want to make a smoothie, I want to go grocery shopping, I want to clean the house, I want a nice environment. So it's really like changing the way that I talked to myself, about the things that I'm doing and making it so that there's less stress around it there's less pressure on me to do anything when I'm doing things because I want to do them that because I don't have to do them in order to a pay rent which I paid $250 for a nice to studio that's two minutes from the beach when before, when I was about to go for the last month and the month before I was paying $50 more about $300 and I was walking 25 minutes a day to the beach.

Mattia Rainoldi: Right.

P25: And now I don't have to do that anymore. And it's just so much better, so now I really enjoy my life more, this lifestyle of like 'oh I can work whenever I want', because I can also work at home, I have Internet at home, I charge my laptop at home, the only thing that Lola's doesn't have is electricity so I'm not able to sit with my device is plugged in, but I just and more efficient with the way that I use my laptop, I pull it out when I need to use it and I shut it down when I'm not using.

Mattia Rainoldi: Right. Okay, and just want to come back to something that you have said before that you set yourself a reminder, then you decide if going ahead with what you planned or not. On base of what do you decide to go ahead, or to postpone the tasks that you have set for yourself?

P25: Well, like last night, I had a lot of yesterday I had a lot more things on my to do list like I was supposed to write down lyrics and my journal of all six songs but instead I ended up walking down the beach and singing the song just out loud to myself just experience the song, so I put off seven, I wrote on my to do list to do this to to write down the names of six songs, so instead of doing that by the end of the day I realized I hadn't done it, so I just pushed it to today. So, usually I don't do things because I run out of time or it's something that I want to do in the morning, but if I don't do it in the morning I might do it in the evening, but some things I have a thing about order like I want things to happen in a certain order, like, I want to meditate first then do yoga or meditate then run or run then meditate then do yoga and then work or like then do copy and work but there has to be a gap, because if I run I get dirty and sweaty and then I have to go take a shower. So, then, that brings me back in my house once I'm in my house, then I get distracted by all of the things I have to do in my house is like the lead like clean up clean up you know, make sure all the dishes and clean, because I don't want to have ants, like so the day might stretch or, if I have a day like today, or like yesterday my water didn't work when I woke up. So instead of taking a shower and leaving, I ended up taking an hour to to find water and bring it back, and that was um, every day is different, today, instead of you know, like I said today, she my memo asked me to pay $1,050 towards um, my next month's rent for to pay the person that fix see the water so that was a distraction and I'm able to acknowledge when I have distraction, or when I am the distraction. I have attention, I have attention issues so what's, the first thing that helps me pay attention is tossing because it is tweets my brain chemistry and it helps me like calm down yeah. So yeah.

Mattia Rainoldi: Yeah. Um, you were saying about distractions and so on, that is something that is interesting to me as well, so if, from time to time, you find yourself in situations where you're working through your leisure time through through technologies?

P25: Rephrase the question in there?

Mattia Rainoldi: I was saying, if there are situations that you get involved with in which you feel that work because of technology is intruding your leisure time?

P25: I have trouble answering that question because of my psychological feelings around leisure time.

Mattia Rainoldi: Yes.

P25: So I in my mind I feel like I should always be working, so this is recovering perfectionism recovering um, workaholic right so so if the question is, do I feel like technology or my work and choose on my leisure time in my mind it sounds like an oxymoron like it's an oxymoron because that's not possible to do because I should be working, which is why I have to shift my language to I can always be working and I can not always be working. Now the answer to that does it? Does my work enshoot on my leisure time, I would say, if we consider sleep to be leisure yes (laugh) but because I'm because I'm alone. I don't have any friends or family here and I'll have any obligations beyond what's in my head (laugh) I don't have to do anything for anybody else, so everything is it whatever I decided it is. I don't have to answer to anybody, if I had children, if I had a boyfriend that live with me and he was like okay we're gonna have dinner at this time and then I was working and I was like 'oh I'm going to be late to dinner', I don't have to answer to anybody. So that is the most beautiful thing about my life and that's why I look like I'm 20 and I'm 42 (laugh), or I look like I'm 28 when I'm 43 because I don't have anybody stressing out, so the question of time it just kind of like the only thing that makes time exists is to do it, like me setting time, me creating structure time because technically, there is no time there all that is is is this moment. And so there is nothing that I have to do at any certain time, there is nothing in my leisure time that I have to do and then some time and very rarely is there something in my work that requires a specific time, but when there is, I put into my to do list, and I make sure that I do it, for example, if I schedule an appointment with someone I asked them what is the range of time in which I can do this, what's the earliest, what's the latest and then I I say this is the latest 'okay I'm gonna I intend to finish at this time', then I have that structure in our build around 'okay, I know I need to stop doing whatever I'm doing, but this time and not be late', so the thing that makes me boundary is, I want to be on time for things, I want to honor my word, I guess I'm on my word I'm going to do it, but I don't give a lot of work to people I don't have a lot of responsibilities others, so the only responsibility, I have to myself, so that makes the boundary the lines of boundaries unimportant, it's not important, if I have a boundary or not it doesn't matter what time I go to sleep it doesn't matter what time I wake up, it doesn't matter what I when I do anything. If I get it done then that's progress if I don't get it done that's not progress, so I have to be on top of it to myself, and one thing that I'll be doing starting Monday starting Wednesday is I'll be joining Allie's accountability program where you like go online for two hours a day, and you like you tell them what you're going to do over the next hour and then you check back in and say whether you did it or not. I don't do those type of things normally on my own, but doing some a program like that will force me to create a time to do certain things and accountability to do them someone else holding me accountable to get in my life I don't have other people holding me accountable to anything. The only person that can hold me accountable to anything is myself if I don't do it there's no consequence except, I know that I didn't do it. And so I just have to like think through you know I do my weekly reviews and say 'okay, what did you do, what didn't you do' and then to do a report. I didn't do what it this last week, because I was like this week I prioritize like doing the report every night, and I would attempt to do it as early as I got done with whatever work I said I was doing.

Mattia Rainoldi: Fantastic. So and another question from my side, so do you think that by using technology, so how you structure your life and your leisure is easier or is more difficult for you?

P25: Um, I don't understand the question. Can you rephrase?

Mattia Rainoldi: So so what do you if you think about how you organize your work and leisure life right, using technology give you some advantages?

P25: Yeah I I've been toying around with a few different time management Apps a few different tasks sites, one thing that I like specifically about to do lists if I was using another one called um, I was using another APP called '2do' the number two and the letters do and I had about 500 tasks in there and I wasn't doing all the task and I wasn't really using it to set reminders it wasn't very you it's user-friendly, but I just wasn't, I just wasn't doing it right, so I just wasn't using it every day, and, now what's important about a to do APP is that you use it. And you refer back to it and it reminds you to do things well to do is has invested they they have changed their payment structure so they have a lot more money, I think, then the other APP I was using and so they have tools to make it really easy to schedule and the reminders are good and just the user usability of it is such that I enjoy opening the APP, putting in tasks that I think of, I basically put everything in like today, I put in like the new tasks that I've put in today were picked up a new lesson I use it as my mind I use it as my mind, so instead of me holding everything from memory, I just put it in the APP and then, in order for me to do it, I set a time to do it. Now, if I don't set a time on it like today at six or tomorrow at eight then it's more likely to not get done so, I find that the best thing to do is be, if I can have something to do every 15 minutes and just switch from thing to thing to thing to thing it's more likely that it will be done, but if I don't put any structure on the task in my APP then it's more likely that I'll just do something else.

Mattia Rainoldi: Okay. Alright. So are there times where you switch off from technology?

P25: Yes, I do frequently turn my phone I just do you have an iPhone?

Mattia Rainoldi: Yeah.

P25: So I just click the right I right click it and make the screen turn off. I don't use a lot of notifications on my phone, so it doesn't distract me as much. And I use a journal, I used to journals actually I use one journal for my accounting, like I write down whatever money I spend every day. And then I use another journal to write down my bank account balances, to write down all my physical assets to, oh, that's another thing I didn't mention my money, I have my money invested in Crypto in a way that it doubles every month. So it decreases my motivation to work, because I know that my money is double whatever I put in on the first is going to double by the 30th because of certain Cryptos that I use, so my motivation decreases because I know that I just made twice as much money without any effort other than cash, you know assets so back to the point yeah I do turn off, I can close the computer I've been turned off my screen on my phone and just use my computer the one time that I absolutely turn off everything, though, well, with the exception of my timer when I meditate I set a timer for 15 minutes, and then I turn the phone over, that's another trick I've turned my phone over so I can just see the camera and then it'll make a sound in my ear, when the time is up, but that's the one time where I make myself not think about anything and I work to delay all thoughts that come in and just look at the water and look at the trees outside and just let there be empty space in my head which is very hard because my my mind moves like you know, 80 miles an hour.

Mattia Rainoldi: Mhmm.

P25: What someone termed it as a racecar brain bicycle break.

Mattia Rainoldi: Yeah I understand yeah. Are there any times where using technology does make you feel uncomfortable?

P25: Yes, use video like video interview that's not the most comfortable thing because it's more self-conscious to see myself talking and I get distracted by how I look and I might not think I'm having the best hair day or then put on any lipstick you know that can be uncomfortable. I don't like Zoom particularly I don't prefer doing video calls necessarily I will with it's required, but I don't have many requirements for Zoom in my life, some people just Zoom every day all day but that's not my reality it's not my life. I technically hate all of the virtual things that are going on, um, it's really hard for me to get with that I don't want to do it, I don't do this normal, I don't want to meet people virtually, I want to meet people in person, I can meet people in person, I do meet people in person. And so I prefer to have more of a really lived life, rather than a virtual life.

Mattia Rainoldi: Okay. So I have a couple of questions related to your diary as well. Maybe you can clarify a little bit there what you meant and I'm going to read some some small sentences, some short sentences that you wrote here and maybe you can help me understand it better yeah. One day here you're saying that you made an efford not to use your phone to get into work mode while spending time with a friend at home. Right. So, and then in another day you're saying also that people criticized about being on your phone the whole day. Can you tell me a little bit more about it?

P25: So when I was, the first statement I was, I was spending time with my friends, and it was in the morning, and when I look at my phone it's very, it takes me down, it takes me it takes me into a certain space, it takes me into work mode, it makes me think about my emails, I think I have like I might have seven message, seven new messages, I might have my notification, my pop up 43 notifications for to do list and then I'm like 'oh, should I have things to do'. I might see some demo, I'm thinking 'oh, do I have enough money there that somebody sent me some money', I have my emails I'm like do I have any clients contact me so every time I open every time I look at my phone there's work to do, around my phone. So when I was with my friend, I was talking about something and I was thinking about a video a film that we should watch like the Netflix show, and I was like 'I'll just send it to you later because I don't want to look at my phone right now, because once I look at my phone I already know that I'm going to be looking at my phone for the next 10, 15, 20 minutes, or at least I'm going to want to be thinking about my phone' and it's distracting and it, it makes me not present because I'm usually by myself I'm not usually with people so when I'm with you when I'm by myself, my phone is usually connected to my thumb I basically live on my phone, for whatever whether I'm looking at you know whether I'm checking my email or texting or checking my what tasks I need to do or it's my mind does go so fast and my phone helps me just think everything through it helps me work everything out it helps you communicate it's just like it's on my thumb. I like I used to joke that my my phone my phone is connected to my thumb. You I'm looking for it if it's not on my thumb where is it, but when I'm with my friends, I have made a conscious effort to just kind of turn my phone over and be present. So that was one time. Another time I was with my friend, a different friend and I was, I was, I was texting with someone, but then I was also I had an appointment coming up, and so I wanted to see if they have responded, but because I was texting with someone initially and then I was also doing some work stuff he was like 'are you are you texting', I don't like to be questioned about what I'm doing these 'are you texting with them right now', and it was part of what I was doing, but I was also doing three other things at the same time, because that's how I operate. And so, he was like 'oh, I would rather not do that, you know', and so I probably ended that meeting, so I could just be by myself, so I can do what I want to do, I don't want anybody telling me 'oh don't do this'. Once you're on the phone I don't I don't I don't I don't want I don't want that, I don't need that, I have too much to do to be thinking about whether YOU are concerned about me being on my phone, if that bothers you, we shouldn't be spending time together personal opinion. So yes, in that situation I turned my phone off in that moment, but I quickly was like 'okay I'm gonna head out and be going' because I had a meeting that I needed to possibly get to and I didn't want to be rude to him, but I got I got to make money you know so like when I start thinking about work I'm thinking 'okay, what do I need to do to make money, what do I need to do right now, what do I need to do within an hour' and if I can't look at my phone and that bothers the person I don't need to be around that person. So that's kind of that was what I was writing about, so one time, I was doing it by choice because I knew that I could stop myself, because I didn't have to send that that that person that video link at that moment, it wasn't urgent it wasn't pressing. But when I do have urgent and present work to do, and someone is telling me not to look at my phone or that I'm being rude or if I think I'm being rude because I know that they feel uncomfortable about me being on my phone while we're together, I don't want to be around that person. So I'm going to limit that interaction I'm going to know that when I go meet with this person, this is how I'm going to operate and I'm going to turn my phone off, but I'm gonna make sure I get out of that quickly in and out. So I can do, I can get back to what I need because the only way I can get things done is about when I'm by myself.

Mattia Rainoldi: I see. So basically where you're trying to say in some cases technology creates a sense of urgency for you?

P25: It's not the technology that creates urgency it's like, if I have a meeting plan, then, and I know I have a meeting plan, but I forgot what time it was I need to look is like the notebook is like my journal, but is digital so I need to look at my phone I might need to look through different text, but when I look for one text, I might have 10 other people contacting me asking me questions so if their clients, I want to respond if it's if it's my boyfriend I want to respond so I know when I look at my phone there's some responses that are going to have to happen that's going to take me away from whatever I'm doing. And I'm an introvert, I'm an outgoing introvert so I gained my shift from being alone, so when I'm around people it takes about an energy. And if I know that I can't do what I naturally do when I'm with someone because it bothers them, then I don't want to be around them as much I just don't, I don't so yeah.

Mattia Rainoldi: Okay, alright.

P25: If it's not if it's not a necessary relationship like if this relationship is just focus on one thing, say, for example, music and it's not related to real estate, but I need to get back to my real estate and I was like 'okay I'll see you later'. You know times up times up and then I can jump back, but it's not the digital that's creating that urgency it's ME because I know I got stuff to do.

Mattia Rainoldi: Alright. I have another finial question here about your diary and you're saying here 'I often get distracted and a half to shift my focus back to whichever test I had to end. It is difficult because of my attention, not necessarily any outside device apps or tool and generally always on my phone and keep my notifications minimal to focus at least a little bit?

P25: Yes, that's true.

Mattia Rainoldi: Yan you tell me a little bit more about here, um, how you focus, focus is a very interesting word for me. And how technology help you to focus or distract you from focusing?

P25: So I have a few anxiety disorders, attention deficit disorder, obsessive compulsive personality disorder, my disorder is around anxiety is around order, so I want things to happen in a certain order, they don't happen in that order it just kind of like nothing. If it doesn't happen in the order that I want, then it's harder for me to start doing something else, because I want to do everything in the right order, so that's the part of my distraction. I get in my own way, and also the recovering perfectionist the recovering workaholic like I want to I don't mind I can sit still for 12 hours and focus, but I have to get through whatever I felt I have to do before I sit down and do that so just starting and have is really can usually be the hardest part or remembering and starting again. So when I say um, can you read that back to me again what I wrote?

Mattia Rainoldi: Yes, 'yes I get distracted, I have to shift my focus back to whatever task is at end. It is difficult with my attention non-necessary any outside apps or tools, I have a planner always have my phone and keep my notification minimal to focus at least a little bit'.

P25: So what helps me focus is to have a task schedule for every time lap, so if I'm going to work, for example in months to do list one of the one of the ways that I structure the time for the day like if I look at today I have write the lyrics for song one at 10.45, write lyrics to songs two at 11, write lyrics for song three at 11.10 so, then I set that for all six songs. 10 minutes writing so now what will most likely happen is it will take me an hour for each song rather than 10 minutes, so one under-estimating how much time things take this one thing and that's one thing that keeps me from starting, that's number one. So my focus say I said meditate at 6.30, brush and floss teeth at 6.30 another thing that happens is I wake up late or I don't set my clock, I don't get up on I I set my clock and I sleep more. So, then, I have to push everything else into a smaller gap and now if I wake up and I have an emergency like today where someone is like 'oh, can you give me some money', 'okay, I need to go the ATM', say, well then that's time that I'm further pushing back and so all of the tasks that I had at 7.45, 11 and 11 to 12.12, 12, 13. They are pushed back and then I only end up doing the one thing that I made a commitment to someone else to do, which was you at 12. So, while I did not do my meditation today, I did not you know I didn't do about 15 tasks that I set up I didn't do any Spanish study, I didn't do I didn't do a lot of stuff this morning. So that's why my tasks that things that I'm doing on a daily basis, leisure and are basically the same because I'm not waking up when I would ideally like to wake up, I'm not being as discipline, you know I'm not really sticking to the structure that I have in my mind that I can do, I don't always do everything that I can do. Now, if I tell somebody I'm going to do something that's more likely to get done, which is why we need to do the accountability thing via Zoom or whatever other technology she's using, even though I hate, HATE the idea of doing this, you know accountability program virtually, that just it just hurts me so much I would much rather have a person sits next to me and be like 'okay, what are, what are we doing this hour', 'this is what I'm doing, okay', and then I look up at the hour and say 'okay, I did it'. I would rather that than do it with other people that are not in my physical space, but she asked me to do it, she offered it to me for free, so I said yes, because I say yes to money, and I say yes opportunities so.

Mattia Rainoldi: I understand yeah. Right, let's come to a conclusion. It was very informative so far and I have a last question for you and um, if there is anything that we didn't talk about um, that you feel that is important related to the topic of managing work and leisure and how technologies to help to do that. Maybe you have something to tell me that we did talk about so far?

P25: Hmm. Let me think about that for a moment.

Mattia Rainoldi: Sure.

P25: When I thought about when I was looking at the questions and working through you know some of the responses and everything, I thought that a part of me thought there I didn't qualify for this study, because some people have a remote work position where like they have to check in at a certain time and they have to use certain Apps in order to access the working system like my best friend she works remotely from home for an insurance company and she has she has a seven or eight hours she has to work, she has calls, she has video calls, she has voice calls, because she has to answer calls from clients. She uses a date a certain databases, but then her work life is completely different, for me because I'm a real estate agent, and because I'm now singing and I have all of these other real estate related things that I'm not an employee. I own these businesses so if I don't do them, I don't get done, one. If I don't do them there's no one to tell me that I blank blank blank or, this is the consequence, there are no consequences for me as an independent contractor as an entrepreneur as a business owner starting my own brokerage I can say I'm starting my own borders, but if I if I take three months to start my own brokerage nobody's gonna be like 'hey I thought you were starting a brokerage', nobody cares. And that's one thing that I realized about my life, like my reality is nobody cares, nobody cares, nobody cares, nobody cares how much money, I have to pay for rent, nobody cares if I have money for food, nobody cares. Oh, maybe my boyfriend might care, you know (laugh) but it's up to me, so if I want a better life, I have to create for myself.

Mattia Rainoldi: Sure.

P25: And so I was thinking like in that in the survey, sometimes I felt uncomfortable in the questions because I was like I was like 'well this this survey is going to be really boring because I basically do the same bunch of not much (laugh) every day (laugh)'. Now, if you had caught me in a time where I was spending more time, like, I felt like I didn't qualify for the survey because I'm not working, eight hours a day because I'm not working nine to five for someone else like I felt like that that because that was there, I felt like I was a waste of your time (laugh) that's how I that's how I felt like how is what I have to say about how I use it don't use technology or don't do anything or much of anything, how is that going to help you so like that was a concern of mine like how, how is it helpful but um I participated to the fullest extent transparent, honest to overcome it and I hope it was useful for you, but I would say that I feel like if you add more people and I don't know how many people you have doing this study, but I feel like I am a, I feel like I'm an outlier because one, I don't have to work for money, most people have to work for money, I don't have to work for money, BECAUSE my money doubles so I have less motivation to work and I don't have anyone else, forcing me to work so it's harder for me to I felt like it was harder for me to fit into your mold of what you were expecting out of a survey, I felt like I wasn't meeting the expectations that I felt like some questions you had an expectation that the answer will clearly be yes, but for me it was like 'no it's not technology at all like I don't need to use technology for this or that'.

Mattia Rainoldi: Mhmm.

P25: You know what I mean like I don't have I don't have to use a certain set of technologies for work. And the technology that I use for work doesn't isn't different like some people once they get done with work once they find out they're like 'I'm turning his computer off, I'm closing this APP and I look at this at a blank time tomorrow'. Well, I don't have that and sometimes people like if I work I get off work at five o'clock and I'm not doing anything related so after after five o'clock is over I'm done. I'm going to my kids I'm going to pick up this person I'm doing this, I got this schedule and that's not my life that's not my reality, my reality is I did exactly what I want all day every day (laugh) it's very freeing, it's very liberating and it's I felt it's probably less helpful for your study (laugh) to have people in your studies that are like me that was my personal thought about my my helpfulness I felt like maybe this is not what he's looking for, but I was willing and able.

Mattia Rainoldi: No, I'm actually looking for these kinds of things as well, I don't need to just do a standard set of people that just live the same way, um, what I'm trying to understand here are more the deeper, is more the deeper meaning of how of how digital technology enabled people to do things that they weren't able to do before, so you being in Mexico and being able to live like you live, is also not the only but, to a certain extent, also to to the possibility to have technology at end that enables you to to do what you're doing and um, what I'm looking at is exactly the practice of how people use or make use of it in practice and for for the reasons that they do yeah and um, and what influences the use of it.

P25: Mhmm. I will share something that you didn't ask and that's what Apps am I not using every day. Well if I if I would have take a screenshot of my phone I have about 200 Apps in my phone.

Mattia Rainoldi: Right.

P25: And I have, I have an APP for yoga which I can use every day, but I don't. I have weather Apps that I can use every day and I don't. I have, I have Apps that are from the states that I'm not able to use like Lyft and Uber because those services aren't here, there's a delivery service that I would use if it were here but it's not so I don't use that. I have apple TV, I have I don't have a Netflix or Hulu because I don't watch TV, which is another thing that's different for me in terms of leisure, a lot of people usually watch TV. I sit at the beach and watch the ocean, so the ocean is my TV and the people on the beach are my entertainment so that's something else that would not appear. One APP I did not mention that I do use that I didn't use really this week or didn't remember to include was Shazam. I do like music and I often use Shazam to record music that I walk by then I like that I want to listen to later um, that's the watch, and so I separate all my Apps into categories, so I have a category for time and my things that take time. I have I have a have a basically you know how you put a folder on your on your on your phone on your screen, so I have one screen I have all of the Apps in one screen on the first screen, so I don't flip through pages to get the APP I think this is very important, about the way that I use technology. I have another APP called another folder for read, where I have kindle books, self help, Insta Paper where I say different articles that I read, so I can read one way that I, one thing that I do to NOT stay on task and I will be doing something and I've come across an article that I want to read I've come across a thought that makes me want to research articles because I'm a journalist by trade, like, I am a investigative like I want to know information like that is stuff I want to know specific information so when I want to make sure I will go and find a lot of information about one topic and that might take me you know, an hour to research something that wasn't even on my to do list that wasn't it just some of the thought, and then I just want us to go deeper so pocket and it's the paper also have audible which I haven't been listening to a lot of ebooks but, and then I have overdrive I use my libraries and the north to and kindle to read read read books from the library to read to download that I don't pay for so instead of paying 99 cents for a book I might read it from my library. Other things I have a whole folder for talk, so I have FaceTime, phone, Bitmoji, a lot of VPN, phone services that are in my phone that I don't necessarily have to use on a daily basis to allow me to make a call, as if I'm in the States, even though I'm not in the state, so I have certain numbers that I'm not able to call because I'm in Mexico, but I think it was also because my settings and my phone off I had on WiFi calling and certain long distance calls, I cannot make using WiFi and I've had less of a problem since I've turned off the WiFi setting on my phone, I also have a lot of group communication Apps like Discord, Signal, WhatsApp and I have all of the social media Apps have a lot of Apps on my phone for language like Google translator I forgot to mention I use Google translate or a lot I have Babel to learn Spanish I don't I haven't been using it because I haven't been on tasks um, I have, I do use that to communicate well my my landlord when we have serious conversations we need to have the on 'hey how are you, nice to see you, have a good day, blah' and then I have all the social media Apps in my phone and I hate social media, so I don't use them, I rarely use them the tools that I may have used in the last week that I may not have mentioned, because I hate Facebook so much are messenger and Facebook. I use the Facebook group actually one day I did use it, I did mention that I use it, I hate it so it was hard for me to admit that I was using it, I hate it so much (laugh), but I didn't log into Facebook for like a year and a half, LinkedIn I have my account haven't used it in a year, um, Pinterest, Twitter, I even have some dating sites have Tinder on here, but I haven't used that because I'm dating someone. I have all these Apps for real estate for phone dialers to dial to like cold call like profile people and it's called like 100 people and one hour, like, I have asked to help me do that I haven't used those says, and I falling anybody because I don't care most of my most of my clients have their referral base so I've been getting a lot of referrals I haven't needed to generate new leads, though, if I do generate leads I can make a lot more money that would be better for me than not having a lot of clients so I'm always inspired to do more work but I don't always get it into the day, so the day just kind of go. And, like the time just kind of passes, which is another reason why I was young, because the time just passes and I'm not thinking about what I'm not doing I'm not doing anything and it's like living (laugh) it it's kind of it's kind of like a catch 22 like 'how do you look so young'. So 'yes, I am no I'm not tracking time', when you have kids you start counting the day and when you count days you start to age, people don't think about this but I think about it because I don't have to think about it, but I've decided that I'm going to have chosen because I finally met someone that check all my boxes and I'm so excited (laugh).

Mattia Rainoldi: Yeah fantastic, yeah. I'm very happy to hear that (laugh). Right.

P25: (laugh) Which is why I spent more time on WhatsApp than anything cuz I'm communicating with people that I love that are in the States, and I also have a US phone number, so I can technically call people regularly but WhatsApp that doesn't use my data, which is why I use that over my regular phone, then I have a lot of Apps for money because I like money, so I have like eight Apps for Crypto, I have like eight Apps for wallets that I use. I don't have to check them every day, but I have wallets on my phone that I don't use. I have different credit card type Apps that I don't use that I will investigate it, but I can use, but I don't and then I have another folder for docs like Google drive, Dropbox, Notion, Evernote, Sheets. I hate all of those things I rarely use them, I use them and I have to I hate using them so what you didn't ask about was what I was not using and what I'm not using is like 90% of the Apps on my phone the last category is productivity, so I have APP store, Apps for food like Window and RiseUp where I can track my food, I have an APP that I'm looking for that I don't quite have yet to track the supplements that I take the when I need to take them because I haven't been taking the supplements that I want to take and food and supplements and eating and knowing what I'm eating knowing when I need to be taking my supplements and having a tool to send me reminder of 'okay it's time to take the supplements that are in your pocket that you haven't been taking', a lot of what I'm not doing is what you're not seeing that, I know I should be doing or I can be doing have to take that should out, a lot of most people's lives as 'I should I should do this, I have to do this, I gotta do that' you know, but that's not my life and that's not reality I'm having, um, the most important APP that I didn't and may not have mentioned, is my VPN. My VPN allows me to do the most stuff as if I am in New York or allows me to book tickets like, if I had the travel using oh I use mobile, that is my VPN. And I use Crypto to buy my VPN service every month, my subscription expired, two days ago so having a couple days but my VPN also allows me to make some phone calls that require me to be in the States, then I have other phone Apps that I use when I cannot make a call so I've had to use certain things to do the work that I need to do, and also, I have other Apps that I use for tracking my passwords because I have all of these Apps I have all these passwords I have keep up with, and that is a lot of work, I also have my past words written down in my Journal and then I have a lot of real estate Apps in my phone that I haven't been using because I haven't been doing as much real estate in that traditional way, my newest way of doing real estate has been calling people, knocking on doors, asking for referrals to apartments and then making appointments going to see them and it's been a lot less digital then it was in the past, and then I have specifically catered to what your survey is about a lot of Apps about time. I have to do list, I have some Sameh, I have Marvin. And I also have Toggle chat where in sometimes sometimes time period, I'm tracking everything that I'm doing every day and that's one thing and I, like you press a button and you started when you start the task and then stop it when you stop the task, and when you switch to another task use it again to put in what you want, and it saves a lot everything, so you can continue something you can search for this task, like brush my teeth, doing brushing my teeth, not brushing my teeth anymore, walking not walking in the door, you know checking my email, not checking my email anymore like you turn it on and off and then the records and keeps track of your time, so you can review. What your day is I didn't do that this last week, but that is something that I like to do but technical difficulties, I did not do that this week.

Mattia Rainoldi: I understand.

P25: So that is, that is, the bigger picture this last what you didn't ask about, is more relevant to my life than what you did ask about.

Mattia Rainoldi: I see that yeah. That's very insteresting.

P25: Yeah.

Mattia Rainoldi: Okay, then I guess we reached the end of of the interview and um, it remains just to say thank you. Thank you again to you and I'm going to stop the recording here.