Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P1*  
**June 24th 2021, 11:25 pm MDT**

**Q4 - Tell us about what work activities you engaged in today.**

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| Tell us about what work activities you engaged in today. |
| Sunday 20th: Wrote an article on gold mining in the Nevada region. Continued to improve my new website, which I'm developing to try and generate new writing clients. |
| Saturday 19th: Was trying to submit my digital diary for you from around 10.15am! I mapped out a skeleton structure for two articles that I intend to start on Monday, including taking a few screenshots and preparing the images before I jump into the writing tomorrow. I stopped around midday. I went back to work at 5pm until 7pm to finish the blog post that I should have completed yesterday. |
| Friday 18th: I started writing a blog post for a client. So I did the bulk of the research, wrote out a skeleton structure and began to flesh it out. I also spent around an hour on calls with a client, spending several hours writing revisions on an article which I had submitted to that client yesterday. I did some work on my new website too, which I am building to try and generate more business. |

**Q5 - Tell us about where you engaged in work activities today.**

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| Tell us about where you engaged in work activities today. |
| Only at home on my balcony and at my desk. |
| Only at home on my balcony |
| I sent a few messages whilst in the gym, but 99.5% of my work was in my apartment, either at my desk or on my balcony. |

**Q6 - Tell us about when you engaged in work activities today.**

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| Tell us about when you engaged in work activities today. |
| 10:15am until around midday. Again from 1pm until around 3.15pm. I then worked on my own website until 4.45pm |
| 10.45am to midday; 5pm to 7pm |
| Worked from 10 until around 1pm, again from 2 until around 6 and again from 8 until around 11pm. |

**Q7 - Tell us about how you felt in your work activities today.**

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| Tell us about how you felt in your work activities today. |
| Neutral. It's like any other day today. Work was straightforward, the content of the article I worked on today was quite dry and boring, but not massively taxing. I haven't worked especially hard, which is always nice. |
| Back to normal after a horrible day yesterday! Relaxed. It's the weekend so any small bits and pieces I do now are only to get ahead of schedule in the week and give myself an easier time in case things come up. I do that kind of work listening to music and enjoying the sunshine, so very chilled out and happy. |
| Overwhelmingly negative, my worst day at work since I began freelancing in September last year. The blog I am working on is a foreign subject to me and researching/writing was just painful. The article which required revisions, I consider that job to be finished and the client has a different view. I feel that he doesn't undertsand what he wants and is asking me to do pointless, unnecessary work which requires painful research. I wasted hours of my time for no pay and we argued on Skype. It was a long day and not a good one. |

**Q8 - Tell us about with whom you engaged in your work activities today.**

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| Tell us about with whom you engaged in your work activities today. |
| Alone. My girlfriend has been around in the morning/early afternoon to eat and chat with me, but only on non-work topics. I had a brief exchange on Fiverr with a client who requested an article to be tweaked. |
| Alone. |
| Mostly alone. My girlfriend is around in the apartment, but not engaging in my work activities. I had a brief exchange of messages wirh a client on WhatsApp and I spoke to 2 people on Skype. One is an editor for the client and the other is the owner of the business. |

**Q9 - Tell us about what devices, applications, tools and platforms you used in work activities today.**

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| Tell us about what devices, applications, tools and platforms you used in work activities today. |
| Laptop only: Google Chrome, Google (search engine), Wordpress, Asana, Fiverr, MS Word |
| Laptop only: Google Chrome, Google Docs, Google Drive, Google (search engine), Wordpress, PureVPN, Asana, Trello, MS Paint |
| Laptop: Google Chrome, Google, Docs, Google (search engine), Wordpress, Whatsapp, Skype, MS Word, PureVPN, ExpressVPN Phone: Google Chrome, Whatsapp, PureVPN, Telegram |

**Q11 - Tell us about what free time and leisure activities you engaged in today.**

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| Tell us about what free time and leisure activities you engaged in today. |
| I wrote a blog post this morning and I spent a bit of time in the evening re-working my Upwork profile and searching for new business. Free time was mostly lazy, playing cards with my gf, relaxing. We had a drink this evening and played games. |
| I took the day off today, but I still dealt with a few messages from clients in the evening. |
| Tuesday 22nd: Wrote an article about bitcoin and sports betting. I then dealt with a couple of previous clients on potential future projects, as well as answering a query from a potential future client. Finally, I made some revisions to the piece that was submitted yesterday, at the client's request. |
| Spent the morning researching and writing a review of a casino slot game. In the afternoon I browsed through Upwork and Fiverr for potential new customers, since it's been a quiet week. I also spent 30 minutes organising my finances/budget. I emptied my my Fiverr and Upwork accounts to Payoneer and then transferred the money into my bank. |
| Sunday 20th: Wrote an article on gold mining in the Nevada region. Continued to improve my new website, which I'm developing to try and generate new writing clients. |
| Saturday 19th: Was trying to submit my digital diary for you from around 10.15am! I mapped out a skeleton structure for two articles that I intend to start on Monday, including taking a few screenshots and preparing the images before I jump into the writing tomorrow. I stopped around midday. I went back to work at 5pm until 7pm to finish the blog post that I should have completed yesterday. |
| Friday 18th: I started writing a blog post for a client. So I did the bulk of the research, wrote out a skeleton structure and began to flesh it out. I also spent around an hour on calls with a client, spending several hours writing revisions on an article which I had submitted to that client yesterday. I did some work on my new website too, which I am building to try and generate more business. I went to the gym for an hour and I watched the England game at the end of the day (3am for me!) |

**Q12 - Tell us about where you engaged in free time and leisure activities today.**

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| Tell us about where you engaged in free time and leisure activities today. |
| Work: From my balcony and my sofa, in my apartment. I haven't left the house all day. |
| In the gym, at my desk at home and in a restaurant. |
| At home on my balcony, sofa and at my desk. |
| At home on my balcony and at my desk. |
| Only at home on my balcony and at my desk. |
| Only at home on my balcony |
| I sent a few messages whilst in the gym, but 99.5% of my work was in my apartment, either at my desk or on my balcony. |

**Q13 - Tell us about when you engaged in free time and leisure activities today.**

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| Tell us about when you engaged in free time and leisure activities today. |
| Work: 11am - 1pm; 2pm - 3.30pm; 6.30pm - 7.30pm |
| 4.30 (ish) for maybe 10 mins; 5.30pm until 6pm; 8.30pm (ish) for 10 minutes |
| Midday until 4.30pm; 5.15pm until 7.45pm; 9.30pm until 10pm |
| 10am until 12.15; 1pm until 3pm; 5.30pm to 6pm; 7pm to 7.15 |
| 10:15am until around midday. Again from 1pm until around 3.15pm. I then worked on my own website until 4.45pm |
| 10.45am to midday; 5pm to 7pm |
| Worked from 10 until around 1pm, again from 2 until around 6 and again from 8 until around 11pm. |

**Q14 - Tell us about how you felt in your free time and leisure activities today.**

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| Tell us about how you felt in your free time and leisure activities today. |
| Stressed, mostly (with work anyway). The blog post is on a subject I know nothing about and the research is difficult, so what should be a simple job on paper becomes a hard one. I struggle with jobs like this, where the subject matter is way outside of my knowledge. It is such a small gig but I find them difficult to get going. It's hard not to procrastinate. I wouldn't take jobs like this normally but it's a slow week and I'm feeling a little desperate, because I'm stressing about money a little bit lately. Relaxed a lot more this evening, having fun taking my mind off work. I highly recommend the card game Monopoly Deal :-) |
| Disappointed, with the bulk of it. I was in the gym when I got a message from a client asking for a further revision to the work I'd resubmitted yesterday. It's soul destroying when you have a picky client who just won't accept the work which you consider to be done. I have very high standards, it's not like I don't put in a lot of time and effort. But some of them, they always want more - no matter what you do - and it's disappointing. |
| Relaxed. I hadn't intended to work today so I started late. The article was very easy, since it's my specialsit niche and required little research. Dealing with clients annoys me sometimes, as I'm not a "people" person. But no issues today, just very straightforward exchanges. |
| A little frustrated to start with, as the research part of my work proved frustratingly difficult. But after that, relatively neutral. It's an easy article to write, I've done several of this nature before. I had to come inside to work because of the rain which tempered my mood a little. My work day was not strenuous, finishing early and doing admin stuff rather than "real" work for most of the day. |
| Neutral. It's like any other day today. Work was straightforward, the content of the article I worked on today was quite dry and boring, but not massively taxing. I haven't worked especially hard, which is always nice. |
| Back to normal after a horrible day yesterday! Relaxed. It's the weekend so any small bits and pieces I do now are only to get ahead of schedule in the week and give myself an easier time in case things come up. I do that kind of work listening to music and enjoying the sunshine, so very chilled out and happy. |
| Overwhelmingly negative, my worst day at work since I began freelancing in September last year. The blog I am working on is a foreign subject to me and researching/writing was just painful. The article which required revisions, I consider that job to be finished and the client has a different view. I feel that he doesn't undertsand what he wants and is asking me to do pointless, unnecessary work which requires painful research. I wasted hours of my time for no pay and we argued on Skype. It was a long day and not a good one. |

**Q15 - Tell us about with whom you spent your free time and leisure today.**

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| Tell us about with whom you spent your free time and leisure today. |
| Alone for the "work" bit. In the evening my gf was around, so the easy work of updating my profile and browsing for jobs was done while chatting with her. I also took messages (on my phone) from a past client who booked a gig which I'll work on tomorrow. My gf has been around for the evening free time. |
| Alone at home; with my clients over Skype/Upwork |
| Alone on the writing, until my girlfriend turned up with cake around 3pm! I did a bit of writing while she joined me on the balcony. I had brief conversations (via text, online) with 3 existing/potential clients. |
| Alone for the most part. I exchanged extremely brief messages with two former clients via Upwork, trying to elicit some business and had a brief Skype exchange regarding the article I was working on earlier. That enable me to finish it off later in the evening |
| Alone. My girlfriend has been around in the morning/early afternoon to eat and chat with me, but only on non-work topics. I had a brief exchange on Fiverr with a client who requested an article to be tweaked. |
| Alone. |
| Mostly alone. My girlfriend is around in the apartment, but not engaging in my work activities. I had a brief exchange of messages wirh a client on WhatsApp and I spoke to 2 people on Skype. One is an editor for the client and the other is the owner of the business. |

**Q16 - Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today.**

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| Tell us about what devices, applications, tools and platforms you used in your free time and leisure activities today. |
| Laptop only: Google Chrome, Google (search engine), Wordpress, MS Word, Fiverr, Upwork Mobile: Upwork |
| Laptop only: Google Chrome, Trello, Google Drive, Goole Docs, Skype, Fiverr, Upwork Mobile: Skype, Upwork, Whatsapp |
| Laptop only: Google Chrome, Google (search engine), Asana, Wordpress, Trello, Google Drive, Goole Docs, LinkedIn, Gmail, Upwork, Fiverr, PureVPN, LinkedIn Mobile: Whatsapp |
| Laptop only: Google Chrome, Google (search engine), Google Drive, Google Docs, Asana, Fiverr, Upwork, Payoneer, Paypal Skype, Trello Mobile: Security Bank online banking app |
| Laptop only: Google Chrome, Google (search engine), Wordpress, Asana, Fiverr, MS Word |
| Laptop only: Google Chrome, Google Docs, Google Drive, Google (search engine), Wordpress, PureVPN, Asana, Trello, MS Paint |
| Laptop: Google Chrome, Google, Docs, Google (search engine), Wordpress, Whatsapp, Skype, MS Word, PureVPN, ExpressVPN Phone: Google Chrome, Whatsapp, PureVPN, Telegram |

**Q17 - Think of your day as a continuous series of situations. Tell us some examples about how you combined or separated your work and free time or leisure activities in different situations. Tell us also some examples about how you switched between work and free time or leisure. You can discuss planned or unpredicted situations. When applicable please indicate in your examples: what did you do, say, think and/or feel in the situation the time and place in which the situation occurred which people were involved in the situation the use of digital devices, applications, tools and platforms in the situation (e.g. mobile phone, laptop, cloud services, social media, crowdworking plattforms)**

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| I got up around 10.30 and started work at 11am. I have a bunch of stuff in storage at an ex girlfriend's place on the mainland. I know, my life is messed up :-) While I was doing research for a blog post this morning, she was messaging me on Whatsapp. She is planning a vacation here on the island next month and we were trying to sort out the logistics of getting my stuff over to the island too. So this is an example of my mixing my private life with my professional. That was making me extra stresses, struggling to work on a job I was already finding hard, while she is giving me an extra headache with all the luggage/covid restrictions/other logistical stuff. When I was done on that job, I spent some time with my gf. We played a card game, chilled on the balcony, etc. I went back to my computer in the evening to try and find jobs and worked on my profile. I did this alone while she prepared dinner. We ate together (work finished) and relaxed at home for the evening, mostly playing cards over a bottle of rum. |
| I went to bed at 6am after the England game and slept until 2pm. I had breakfast with my girlfriend and we lazed around my place until she left at 4 and I went to the gym. No work at all at this point. I got a message from a client in the gym which I had to deal with over Skype on my phone. I got back to my place about 5, put on a load of laundry and made tea. I sat down to work at 5.30 and was done by 6. Went out for dinner with my gf at 7, was home by 10 and then chilled on the sofa until now (12.30am) and I'll go to bed shortly. I got messages from previous clients on Upwork during dinner. I'm not one for answering my phone when I'm out, but since work is slow lately, I did spend 10 minutes dealing with those 2 enquiries. Not overly happy about doing that, but needs must. |
| I had intended to take the day off today, but the cloud/rain is persisting, so I figured there's not much point going to the beach. I slept until late, had breakfast, went to fetch water, browsed the internet/social media (lesiure rather than work) until 12.30, when I sat down to write an article I'd originally planned to work on tomorrow. During this time, my girlfriend brought some cake so we sat and chatted for maybe 20 minutes where I wasn't really working properly, but was a bit. I was happy to chat to her (and eat cake!) obviously. But I was also half frustrated because I was close to finishing the piece and I wanted to get it off my to-do list, and she was slowing me down. That makes me sound like a bad person :-) When the article was complete, I had a break from 4.30 until 5.15, at which point I began responding to messages from previous clients and sourcing potential clients. This I did while lazing on the sofa as it's easy work. I then returned to my desk to make revisions to a piece which I had submitted yesterday, but the client wanted some things tweaking. That needs my full attention, hence going back to my desk to get into "work mode" and concentrate fully. After that, my girlfriend and I had dinner, then I did another 30 minutes while we chatted. This was not particularly strenuous work, just preparing invoices and admin stuff. For the rest of the evening we talked, had a drink and played silly games. I am going to bed now but I want to get up at 3am (in 3 hours) for the England game - let's see if I do it or not :-) |
| I didn't really have to work particularly hard at combining or separating anything today. I got up, did a bit of work, took a break for lunch (I guess this was separating). I prepared my lunch while listening to music on my phone, left my laptop on the balcony. In my second stint I left my phone inside and my girlfriend has not been here all day, so I had peace and quiet from everyone to easily separate everything out and get on with my work. All of this is taking place in my apartment, I'm alone so I'm not saying anything. Today has been a fairly normal, average day, so no strong feelings about much. I went to the gym around 3.30 until around 4.30, didn't see anyone there, had a good session and listened to a football podcast while in there. Workout was positive, felt good after. Didn't have much work to do after that so found myself browsing the internet catching up on social media and news and stuff, did a bit of accounting - I guess that's a mixture of work and free time, because my budget affects both. All devices/platforms used I logged in the previous section. In the evening I have been stuffing my face with takeaway pizza and playing stupid games on my phone with my gf. We play a poker app (free, not real money) and a Pictionary style drawing game. This is happening on my mobile phone, over the internet. Not much to report today, quiet, uneventful! |
| I had originally planned to take today off. But I had a couple of hours alone this morning and was in the mood to write a boring 1,000 word article that I had intended to do tomorrow. I decided to get it out of the way before lunch and then do a bit on my personal website out on the balcony. I will take a full day off later in the week instead and go to the beach. The beauty of flexible, digital working :-) After lunch, I started working on my site, but had to switch back to the article when the client requested revisions to the original piece. This was unexpected so I had to switch between my semi-work, semi-leisure project back into "proper" work mode. A brief exchange with the client allowed me to finish that piece to his satisfaction and tick that one off my to-do list. All of the work I mentioned today was carried out using my laptop and from my own apartment. At 4.45 my partner and I went down to the beachfront because there's a pub that serves a British style Sunday Roast and I haven't had once since about 2016! I was there for maybe two hours before I went back to my place. I've listened to music, podcasts and browsed the internet/social media mostly tonight. I'm watching the football with a beer as I type this. It's been a lazy evening with nothing much going on, just downtime. Leisure has been distinctly separate tonight. But work is quiet lately. Normally my Fiverr or Upwork account would buzz once or twice a night and I'd have to speak to a client or a potential client. But not tonight. |
| I planned to work from 10am, starting with your diary and be done with that by 10.15. I started a bit late because I had a late night last night. And then the diary gave me technical issues so I took a while to get going. As I mentioned earlier, my work today was really preparing for jobs I need to do next week. So I was alone with my laptop and feeling relaxed, listening to music and enjoying the sun. Combining work and leisure. I went for lunch when my girlfriend arrived at around midday and then proceeded to do laundry, had a haircut, bought groceries and some stuff I needed for the house - all totally separated from work. I did a couple more hours work in the evening which was unplanned since I was meant to complete it yesterday. My girlfriend was cooking at this time, so I was alone on the balcony with my laptop (music again) and occasionally chatting to her, briefly. We had dinner at home and now I am closing my day by relaxing with the football and a beer, exactly as planned. All the work I mentioned today was carried out at home on my laptop, using the programs I already listed. Most days I would be on my phone dealing with clients in my leisure time but that did not apply today. Things are a little quiet at the moment. |
| I had planned to start work at 10 and be finished around 2 or 3pm to have a lazy afternoon on the beach. But I woke up to messages telling me that revisions were required on the job I submitted yesterday and they were not going to be simple ones. I ended up spending 3 hours working on that. I didn't even eat until 1pm. This was completely unplanned. I was getting quite stressed at this point so I ate lunch with my girlfriend and had a moan to her. I tried to get started on the work I wanted to do that morning, but I was just in a terrible frame of mind from the morning's events so it was painful. I spent a few hours researching and trying to write, but I was getting distracted by every little thing. My phone, a package delivery, I was procrastinating a lot. I ended up stopping to go to the gym for an hour but then my client in the UK wanted a Skype call, we ended up having an argument. Those messages took place in the gym, so my work was encroaching onto my free time (as usual). In the evening I was still writing, trying to finish the blog post before the football started, but I was struggling so I gave up at 11pm. All of the work I mention is taking place in my apartment, other than the brief exchange in the gym. Almost all of it is happening on my laptop, except for Skype messages in the gym. |