Default Report
*Managing work and leisure in the digital age: A practice exploration of digital work - P2*
**June 28th 2021, 1:51 am 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. |
| Today is Sunday so I didnt work. The only work I did today is filled out these forms.  |
| Today I did a lot of digital TV hosting. I had 4 events all happening today. First one is the UAP Sampaloc GMM which I hosted at 7pm, then UAP COMMS meeting at 8pm, The Digital Architect Session at 9pm and lastly hosting another for Global Filipino Architects at 11pm which lasted until 1am. |
| I did a photoshoot today at 1pm for the oath taking for the UAP, the national organization for architects. After that went out for lunch and that's where I spent the rest of the day working on my projects. I started working at 3pm and had zoom meeting with a client at 5pm and 7pm.  |
| Day 4- I didn't work on company projects today. I worked on a personal project only for a new business venture.  |
| Day 3 - Today I didn't have to work on any drawings, my work activities are only 2 zoom meetings. First one was with a new client at 11am, and another meeting at 8pm.  |
| I started work at 12 noon first by signing building permit forms for my clients this took me just a few minutes then had it sent to the courier for mailing. After that I didn't work until 5pm, I did a few design revisions for 3 projects, was busy working on that until 10:30PM  |
| At 9am when I woke up I answered clients inquiries right away on my phone, then just continued surfing the net. It was 1pm am when I started my actual work. Worked on some 3D revisions and rendering as well as answered emails and revised another plan as per my clients last comments. For Today I worked from 1pm to 3:40 PM, I was able to finish 2 designs and submitted to my clients ready for billing for today.  |

**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. |
| I filled out the forms in my usual space at the restaurant.  |
| All of this was done in our hotel room over zoom and streamyard.  |
| I was in the hotel room for the photoshoot, then I went to the restaurant to eat and that's where I worked with my projects.  |
| I went to my favorite restaurant again today at 2pm and created the business plan for a new business venture.  |
| For the first zoom meeting it was in a coffee shop near our place. Then the next meeting was in a restaurant.  |
| I spent my working day at my favorite restaurant where I ate my lunch and left really late at night. I prefer to work outside as it keeps me creative rather than working in office or at home.  |
| I worked in a coffeeshop, that's where I ate my lunch and stayed for the rest of the afternoon until Im done with my work.  |

**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. |
| I started it at 3pm ended at about 7pm. I did 7 days all in one go.  |
| I started preparing for the shows/ event at 6pm which lasted until 1pm.  |
| I started working at 1pm, just for a photoshoot, then 3pm for my architectural projects.  |
| I worked at around 2pm and ended that at 5pm to go to the beach and went for a swim.  |
| I only did 2 meetings, one meeting at 11am that lasted about 45 mins, then the next one was t 8pm until 10pm.  |
| I started working late today, I only started work at 5pm. Did a few design revisions and submitted 3 projects to 3 different clients.  |
| I started working after lunch, I usually have to do my personal stuff first before I start working. I did my exercise, wrote on my journal and had a hefty filling lunch prior to working. I try to see to it that I take care of myself first before engaging in any work. This keeps me happy and more energetic to go thru my day. When work hours ends, I take some "me" time again. I like walking along the beach.  |

**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. |
| It felt good finishing the forms, another task ticked off my to do list.  |
| It was tiring but also fun, Im glad to get to see other architects and talk about several things from organizational culture at the UAP GMM, then history and theory of architecture for TDA Session and then global issues.  |
| Today is a laid back day, didn't work much, as always haha. Just worked on a few revisions and 2 zoom meetings.  |
| I feel energized because we are working on a new business venture.  |
| I'm happy today, the I was able to close a new contract with a client. It was a $2000 contract, so I feel ecstatic about that.  |
| My day started slow as I was a bit hang over because I had some wine the night before. But after spending some time for myself I was practically on a roll after I started working. I can say that I've been really productive today.  |
| I felt good today. I started doing digital diary on my tiktok to document my day so it will be easy for me to get back to when I answer this form. I like the experience, it gives me more content to post and a positive way of looking back to my day. I felt really good today. I started with yoga and ended up with yummy pasta and red wine. My day couldn't be better.  |

**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. |
| I didnt engaged with anybody.  |
| I interacted with architects all night, in different organizations and events.  |
| I interacted with my clients today for zoom meetings.  |
| I worked with my daughter Jea for the new business plan.  |
| My work activities was spent talking to my clients.  |
| My firm works very independently, so I usually work by myself. I only communicated with my engineers thru email and chats.  |
| After I submitted the jobs, I interacted with my daughter, shes the one who handles our accounts to tell her that she can proceed with billing the 2 clients. I also interacted with my mentees over chat and talk a little bit on his struggles on his career. I also interacted with my client over email as we go back and forth for the revision.  |

**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. |
| Just this form.  |
| I used zoom for 3 events and used Streamyard for the TDA Session.  |
| I use my usual software for my architectural projects which are sketch up, archicad, lumion, then I use for the zoom.  |
| We used canva for the branding and google docs and sheets for the business planning and financial computations.  |
| I used zoom for the 2 meetings.  |
| I use my laptop for work. The software that I use is sketch up, archicad, lumion for drawing and architectural stuff. I use gmail and facebook messenger for communication.  |
| I used my phone mostly for interactive over chat, used it to take Tiktok videos as well to document my day. Facebook, Instagram as well to post contents. I used Gmail in submitted my projects to my clients. I also use whatsapp to communicate with my staff.
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**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 practically stayed all day in bed surfing tiktok, pinterest, Facebook.  |
| I went for lunch at the Italian restaurant with my daughter.  |
| I walked at the beach during sunset. We had drinks with friends at our hotel room at the end of the night until 4am |
| I started my day with breakfast with a friend from Manila then we went off to the nail salon with my daughter for some pampering. In the afternoon after work, I went to swim in the sea. Love that! |
| I went to the front beach for leisurely walk at 3pm then met up with friends from Manila. We had dinner at Trattoria Stella for some really good pasta.  |
| I woke up late and took some time to relax. I had lunch with friends and spent most of my afternoon with them.  |
| I walked to the beach at 10am and sat on the sand as I wrote on my journal. I do this to collect my thoughts, get track on my goals and basically just write everything in my head. This is very therapeutic for me . After my work, I walked again along the beach to relax and rejuvenate. After dinner, we had wine as well as I chat with my friends.  |

**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. |
| In my hotel room.  |
| went to Trattoria Stella restaurant |
| went to walk at the beach and then back at the hotel room late at night.  |
| Today we had breakfast in the hotel and then went for some pampering in a nail salon. At sunset I went for a swim.  |
| I went to the beach, and spent my dinner with friends at my favorite Italian restaurant.  |
| My free time was spent mostly in my room today. I took time to rest, then off to my favorite restaurant to have lunch with friends.  |
| Most of the leisure activities I do is along the beach. It is part of the reason why I chose to live in Boracay, considered as one of the best islands in the world.  |

**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. |
| from morning till 4pm.  |
| It was lunch time until about 3pm |
| It was sunset time so that around 6pm for the walk at the beach, then spent the night with friends over drinks.  |
| It was spread the rest of the day, from morning until sunset.  |
| My leisure walk was at 3pm and the rest of the night was spent to have dinner with friends.  |
| My free time was all day, I spent the day for myself and friends. I only started work at 5pm.  |
| I make sure I have one leisure activity every now and then so it is spread out through out the day.  |

**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. |
| Felt relaxed.  |
| It is always nice to eat good food.  |
| I felt good that I was able to lend an ear to my friend who needs to let out some steam because of her personal problems.  |
| I feel energized. I love swimming in the open sea. It felt so good.  |
| Im happy to see friends today and of course because I closed a new deal.  |
| I felt happy and relaxed.  |
| I felt relaxed and rejuvenated.  |

**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. |
| I didnt spend it with any body.  |
| I spent it with Jea and Star, met 3 guys as well at the restaurant.  |
| I spent it with Jea, my daughter, Rose and Angel too.  |
| I went to the nails salon with my daughter, other activities was spent alone.  |
| I had some "me" time when I walked alone along the beach, then spent time with 2 of my friends for dinner.  |
| I spent my afternoon with friends. |
| I usually spent it alone, or sometimes with my daugther.  |

**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. |
| I used Tiktok, Pinterest, Facebook |
| no device was used for leisure time.  |
| I didnt use any device for my leisure activity.  |
| No devices were used.  |
| For leisure time, I dont use any device. It is usually spent face to face.  |
| I didn't use any device for my leisure. For this I spend quality time in person. Either I spend it taking care of myself or meeting up with friends.  |
| I dont have any device when doing any leisure activity. I usually spend it in nature. |

**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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| As I end this daily diary it is nice to get to know myself more on how I work and how I use my time. Thank you for this opportunity. It opened up my eyes about so many things and made me feel grateful for the life that I have.  |
| I mostly worked all night, there was not much leisure time spent today. Saturday is usually spent for events and Digital TV shows.  |
| Today was spent for friends. After working I invited my friends to come over and have drinks. For the past few days I felt like my friend was having some personal problems. So I asked them to spend the time with us. We talked about her problems and life in general. Im glad to find new friends and that they trust me with their life stories and of course it is always good to help out.  |
| Im now on my 4th day of documenting how I work and it is fun and also shocking to know that I spend more time for leisure than work. But I am glad that I have a very good work and life balance. I feel grateful that I dont feel pressured to work more because I am still earning much more than what I spend. I'm so glad that my business can still bring in more money, enough for me to maintain this wonderful lifestyle for me and my daughter.  |
| It is always nice to have time for both work and leisure. I am just happy to have a lifestyle and office system that allows me to spend as much time for myself and friends and yet have enough time and income to keep my business going. I'm glad that I was able to design my business to be less stressful and yet have a steady stream of income.  |
| As a digital nomad and self employed I dont have specific working hours. I love the freedom of calling the shots, either on when and where to work but it also means deciding on how I run my business. One thing that is really special in this kind of work is that I have all the freedom. To work not confined by company rules, or office politics, or by physical partitions like office cubicles. Nor by the clock or company hours.  |
| Since I've been doing this for a long time, I've been a freelancer or online worker for that past 7 years. I have tweeked my work day as I pleased. I used to work more, and not enough leisure time. But after getting burnt out I see to it that I have leisure time as well. I changed my lifestyle, from living in the city I moved to the province, in a very beautiful island at that. So I spend more "me" time than work now.

I documented my day on my Tiktok:
Day 1 Part 1 - https://www.tiktok.com/@thedigitalarchitect/video/6976073583114145025?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 2 - https://www.tiktok.com/@thedigitalarchitect/video/6976073583114145025?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 3 - https://www.tiktok.com/@thedigitalarchitect/video/6976077877397785857?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 4- https://www.tiktok.com/@thedigitalarchitect/video/6976090091894689025?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 5 - https://www.tiktok.com/@thedigitalarchitect/video/6976098567106612482?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 6 - https://www.tiktok.com/@thedigitalarchitect/video/6976136115648597249?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 7- https://www.tiktok.com/@thedigitalarchitect/video/6976157794219183362?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 8 - https://www.tiktok.com/@thedigitalarchitect/video/6976226333051374850?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530
Day 1 Part 9 - https://www.tiktok.com/@thedigitalarchitect/video/6976252893682863361?lang=en&is\_copy\_url=0&is\_from\_webapp=v1&sender\_device=pc&sender\_web\_id=6959416043954390530 |