Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P5*  
**June 29th 2021, 5:31 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. |
| SEO freelance marketing job, social media freelance marketing job, worked on my personal website |
| freelance marketing job in social media, worked on my personal website |
| freelance marketing job in SEO |
| freelance marketing job, working on my website |
| freelance marketing jobs, working on my own website |
| two different freelance marketing jobs. SEO activities and posting on social media. |
| Today I did digital marketing work for both my freelance job as well as my personal travel website. My tasks included SEO optimization and outlining blog posts. |

**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. |
| back deck of my house and my kitchen table |
| from my back deck and my lounge chair in my bedroom |
| from a lounge chair in my bedroom |
| back deck of my home, lounge chair in my bedroom, on my bed |
| on my home back deck, at the kitchen table, on a lounge chair in my bedroom |
| from my bed and on a chair on my back deck |
| From a kitchen table and an outdoor deck within the same house in Salt Lake City, Utah, USA. |

**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. |
| 10:30am-5pm, 8pm-9pm |
| 11am - 12pm |
| 1pm-1:40pm |
| 9am-11am, 2pm-5pm, 10pm-11:30pm |
| 10am - 1pm, 3pm - 5pm, 10pm - 11:30pm |
| 8:30am - 10:30am, 1:30pm - 2pm, 6-8pm |
| 6am - 7am, 9am - 11am, 1pm - 3pm, 10pm - 11pm MST (total of about 6 hours) |

**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. |
| Energized, a little scatter-brained, motivated |
| Creative, focused, productive |
| Focused, productive, motivated |
| Motivated, interested in what I was working on, clear on my tasks |
| Difficulty focusing, completed tasks but not quickly, reluctant and not very motivated |
| Good–clear direction on new project that I know how to execute on. Confident in my work and focused. |
| A bit confused and stressed. We started a time-sensitive project for my freelance job, and I was being given new directions every hour which made it difficult to start. |

**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. |
| Both managers of my two freelance jobs, coworkers of my freelance jobs (all over Slack) |
| My manager of social media marketing job and my coworker |
| No one |
| Manager of my freelance job |
| My manager of one of my freelance jobs |
| My manager and coworker from one freelance job, and my manager from my other freelance job |
| My manager of my freelance job (who is also remote) and my coworker from the same job, who is based in the Philippines. |

**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. |
| Macbook laptop, smart phone, Instagram, Planoly.com, Ahrefs.com, Google, Google Docs, Slack, Upwork, Pinterest, Zoom, Google Analytics |
| Macbook, smart phone, Slack, Instagram, Google, Google Docs |
| Macbook, Upwork, Ahrefs.com, Google Docs, Google |
| Macbook, smart phone, Upwork, Slack, Google, Ahrefs.com, Wordpress, Tailwind, Pinterest, Google Analytics, Google Docs, Google Search Console |
| Slack, Upwork, Google, Google Docs, Wordpress, Google Search Console, Ahrefs.com, Instagram, Macbook, smart phone, Canva.com, Pinterest, Jackery 240 portable power station (to keep my laptop charged while I was working from the deck) |
| Macbook Pro laptop, smart phone, Slack, Google Docs, Gmail, Ahrefs.com, Instagram, Google, Upwork |
| Macbook Pro 2016, LQ Thinq35 smart phone. I used Google Docs, Slack, Upwork, Ahrefs.com, Wordpress, Gmail, Google Analytics, Google Search Console |

**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. |
| Did a kickboxing class, took a shower, met with a friend for ice cream and walked around a park, watched a movie |
| talked with an old friend on the phone, watched a movie, played with cat, practiced how to wrap hands for kickboxing |
| played volleyball, watched movie, cleaned house, grocery shopped, showered, did laundry |
| Went on a run, took a shower, painted my nails, watched a movie |
| Worked out, played with my cat, talked with my brother, took a shower, scrolled social media, texted with friends, snapchatted with family |
| Went to a kickboxing class, went grocery shopping, scrolled through social media, watched a movie, made a "fancy" dinner |
| Posted a camera online to sell, Got ice cream and walked around the park with a friend, Had a long talk on the phone with my long-distance boyfriend, watched a movie |

**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. |
| My local kickboxing gym, at home, and at my local public park |
| at home (in bedroom, out on back deck or in my roommate's room) |
| played volleyball at local sand volleyball club, watched movie in my roommate's bedroom, grocery shopped at local grocery store |
| Went on a run in my neighborhood, all other activities took place in my home |
| My home–worked out in my bedroom, played with cat and talked with brother in living room, bathroom for shower |
| kickboxing class was 15 minute drive away at a gym, grocery shopping at local grocery store, scrolled through social media at home, watched a movie in my bedroom, made fancy dinner in kitchen |
| My bedroom, the living room, local public park |

**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. |
| kickboxing was 9:15-10am, met with friend 5:45-7pm, took shower around 8pm, watched movie around 11pm |
| 11am-12pm, 2-4pm, 6-9pm |
| played volleyball 8:45am - 11am, cleaned house 2pm-3pm, grocery shopped 7pm, watched movie 8:30pm |
| 11:30-1pm, 3pm, 6-8pm |
| 9am-10am, 12pm-12:30, 6pm-8:30pm |
| 11:30am - 1:30pm, 2-6pm |
| Posted the camera online around 11am, talked with my boyfriend around 5pm, met my friend for ice cream at 8:30pm |

**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. |
| happy, present, at ease, upbeat |
| Relaxed, present, content, comfortable, happy |
| Very present and energized during volleyball, relaxed and content with the rest of my day activities |
| Relaxed, happy |
| It varies, depends on the activity. For example after scrolling through social media I feel slightly drained but after working out I feel energized and happy. |
| Relaxed, happy |
| I felt good. Selling my camera made me feel like I'm working towards building my travel website/business, talking with my boyfriend got me excited at future plans we have, and meeting up with my friend felt good to connect |

**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. |
| My kickboxing trainer and classmates, and my good friend Johanna |
| My old friend, my brother and his girlfriend |
| Volleyball teammates and friends, watched a movie with roommates (my brother and his girlfriend) |
| Mostly by myself, also with my brother and his girlfriend |
| My brother for a little while |
| Just myself. And my cat! |
| My good friend, Johanna (who I saw in-person) and my boyfriend (over the phone) |

**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. |
| macbook laptop, smart phone, Snapchat, Whatsapp, Instagram, Facebook, TV, Netflix |
| smart phone, Instagram, Facebook, TV, Amazon Prime Video, macbook laptop |
| Smart phone, Whatsapp, Instagram, Facebook, TV, Netflix, Amazon Prime Video |
| Macbook, smart phone, tv, netflix, instagram, facebook |
| smart phone, macbook laptop, tv, netflix, facebook, instagram |
| Smart phone, Instagram, Netflix, facebook |
| Macbook Pro, Facebook Marketplace, Whatsapp, LG Thinq smart phone, Instagram, Vizio Smart TV, Netflix |

**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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| 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) |
| Pretty much all day today I bounced between paid freelance work and working on my own personal website, or just indulging in free time. I worked on my SEO freelance job for a couple hours then took an hour break before our all-hands meeting to clear my head and feel ready for the meeting. During my hour break I took a twenty minute nap and posted something on Instagram. |
| I was working on my website when my old friend called and we talked for a couple of hours. I ended up not going back to my work for the day, so it was great to catch up with my friend but made me feel less productive than I had hoped to be today. |
| Since today was Saturday, I didn't do a lot of work. But what I did do, I did while watching a show on Netflix. I like having a show on in the background sometimes while I work to make work feel more enjoyable. Sometimes if I get stuck in my work, I'll zone out watching the show for a few minutes then come back to what I was working on with a clearer mind. |
| Took a break from my freelance work on my laptop to paint my nails and clear my mind in the afternoon while working on the back deck by myself. I also watched shows in the evening from my bed, while I worked on my laptop on my website by myself. All of my breaks are unplanned–I have no set schedule every day. I just take brakes when I feel I need one. The break may be five minutes or an hour. I only work part time so I have the flexibility for this. |
| Whenever I get in analysis paralysis with my freelance SEO marketing job, I have to step away from my laptop. I may get a snack or water, play with my cat, go to the bathroom, scroll through social media on my phone or stand on the deck. That happened a lot today. It helps reset me and come back with a clear mind. But it slows down my productivity. No one else was home at the time. |
| For a few hours today in the afternoon, I would step away from my laptop if I went too far down a "rabbit hole" with my marketing SEO work. This work didn't involve my coworkers; I was just doing keyword research. But it's easy to second-guess decisions in SEO, so stepping away helped. Playing with my cat, getting a snack or just standing out on the back deck for a few minutes helped my mind reset. After making my dinner and watching a movie, I felt re-energized in the evening to do more freelance work. So I did more work from my bed while watching a movie. |
| I spent most of the morning doing freelance work from my kitchen table. When I noticed I was getting cold from sitting, I grabbed a chair and brought it out onto the deck, along with my laptop and smart phone, around 12pm and did freelance work from there to warm up and soak up the sun. I was the only one home. I stayed outside for maybe half an hour, then came inside and decided I needed a break from work. I collected all of my camera equipment to sell, took photos of it on my smart phone, then uploaded the listing to Facebook marketplace. I did this all from my living room area. |