Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P6*  
**June 30th 2021, 10:54 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. |
| Spent my day brainstorming on the Marketing Strategy for a new product launch. |
| Monday Routine - Stand up calls, client calls, brainstorming sessions. |
| Two zoom meetings for a potential freelance project. |
| None |
| Regular office work - meetings, strategy decks, client calls and surprising a lot of time to work on my projects without having constant calendar invites. |
| A board meeting, client calls, team calls, stand up calls and some presentation work. |
| A couple of client calls, de-coding two new campaign briefs and a two hour long brainstorming session. |

**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. |
| In my room - at my desk. |
| In my room, at my desk. |
| In my room, my WFH Station. |
| NA |
| Mostly in my room - on my work station and a few hours in the drawing room on the dining table. |
| In my room, mostly on my desk and partly on the bed. |
| At home, at my work station in my room. |

**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. |
| During my working hours between 10:30am to 7:30pm. |
| From 10:30pm to 8:20pm |
| An hour in the morning and an hour in the noon. |
| NA |
| From 10:30am to 8:30pm. Had to finish work from the week while parallel creating (editing) content for my Instagram for Friday evening + a little planning for the weekend. |
| I started working at 10.30am and work went on till 9.45pm today. |
| During my working hours from 10am IST to 7pm IST (and an hour after that) |

**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. |
| Enthusiastic, Creative and Drained out by the end of it. |
| Refreshed, in control and motivated. |
| Enthusiastic. Having been a freelancer for two years before taking a full time job, the thrill of working on a project of my own is a completely different thrill for me. |
| NA |
| I felt a sense of ‘space’ if that makes sense. I love Friday’s, cause a constant thought in my mind is - I have the weekend to myself to work on myself and my personal projects beyond my 9 to 5. |
| Mostly great. I started getting a little annoying and drained out post 8pm when I wanted to do other things but couldn't because of work commitments. |
| Most of it felt mechanical since I've gotten used to the Ad Agency Culture over the last one year, however parts of it got me really excited to think beyond the set pattern. |

**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. |
| CEO / Co-Founder of the Agency, Art Directors, Branding Consultants |
| Account Directors, Potential Candidates for hiring, Art Directors |
| Two potential clients |
| NA |
| Account Directors, Clients, Art Directors, Line Managers, CEO of the company. |
| Directors, Freelance Photographers, Account Directors, Clients, Founder of the Agency |
| Account Directors, The Founder of the Agency and some of my new team members. |

**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. |
| Mind Node, Notion, Apple Notes, Google Cal on my MacBook and iPhone |
| MacBook Air. Apps - whatsapp, gmail, notion, tuex duex, google calendar |
| Zoom on my MacBook. |
| NA |
| My iPhone and my MacBook Pro. Apple Notes, Reminders, Notion, Tuex Deux |
| iPhone and MacBook. Teux Deux for my To-Do, Apple notes to write, safari to browse and work on Google Workspaces, AirBnB to find a place for an upcoming weekend getaway. |
| Devices - My iPhone and my MacBook. Applications - Tuex Due, Google Workspaces, MindNode, Notion, Apple Reminders. |

**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. |
| My 5am routine - run, meditate, journal, jam to my playlist |
| My 5am morning routine - meditation, journaling, time solo |
| I spent a lot of quality time with my family all day having conversations and having meals together. Met my grandmother in the evening for dinner too. |
| Today being a Saturday, I decided to take a complete break from work (my full time gig + my personal content + freelance gigs). I spent the day with my friends. |
| Today sucked in terms of leisure time and having time to myself. I overslept and missed my AM schedule and work went on until dinner. |
| I overslept and missed my 5am routine today. However after waking up at 7am, I meditated, journaled and made myself breakfast. |
| I have been waking up at 5am for the last couple of months to get some hours to myself in the morning - I ran, read for an hour, journaled, meditated and made myself breakfast. I do get a few hours to spend with the family after work too. |

**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 the drawing room and at the park. |
| In the drawing room and the park |
| Mostly at home and a few hours at my grandmothers. |
| At my friends apartment. |
| A few breaks in between work in my room and in the drawing room. |
| In the drawing room and the kitchen. |
| Outdoors for a 4km run and then at home primarily in the drawing room. |

**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. |
| Early morning between 5:30 to 9:30am and then after 7:30 with the family |
| From 5am to 9.30am |
| Almost the whole day. |
| Pretty much the whole day. |
| In between working hours. |
| in the morning from 7am to 10.30am before I started working. |
| Between 5am and 10am, before I got to my work schedule. From 8pm to 10pm with the family. |

**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. |
| Calm, In Control, Motivated |
| Awake, calm, motivated, happy |
| Loved, Grateful, Happy |
| It felt nice to not have constant notifications buzzing and not having to open the laptop all day. |
| Anxious since I knew I did not start my day right and felt like I had lost time. |
| Woke up feeling guilt for oversleeping and then made a conscious attempt to bounce back and feel calm, grateful and energised. |
| Calm, Mostly in control of my thoughts, Free spirited and very happy |

**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 Family (Parents + my sister) |
| Partly with my mother, mostly solo |
| My parents and my grandmother. |
| My friends (my next door neighbours) |
| Conversation with my parents. |
| My parents were out the house today and my sister was asleep during my morning routine, so no one. |
| My parents and my younger sister. |

**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. |
| Petit BamBou, Spotify, Apple Notes |
| Petit BamBou for meditation and Spotify for music |
| Order food using Swiggy for dinner. Apart from that no phone time. |
| None |
| None. |
| Devices - iPhone + MacBook Meditation - Petit Bambou App, Spotify - Music while making breakfast + working |
| Nike+Run to track my run, Petit Bambou for Meditation |

**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) |
| I switched between my work and some personal content editing. Managed to edit a bunch of videos for the week for my Instagram in the midst of my brainstorming sessions. It also acted as a nice refresher in between work. |
| A friend needed to get on a call to plan something for an upcoming weekend trip. I managed to get some out of work in the second half to accommodate this call which seemed like the need of the hour for my friend. |
| NA for today |
| This situation did not arise today, since it was my day off work and a day to unwind and take a break and time off my phone and laptop. |
| I often work with a hybrid model around my work (work for my 9-5 Ad Agency and work from my freelance projects as a creative director / filmmaker / travel digital content creator). Today I managed to do that quite successfully, found a balance and managed to put the content on export from the edit timeline. |
| As I mentioned earlier, I was fairly by myself at home today. I did not have a lot happening. I felt like taking a power nap after lunch today and I took a 25 minute nap and it felt great. |
| - My mother ran out of some essentials at home and wanted me to help her order them over Amazon in the middle of my work day, I took that break, spent 20 minutes with her and helped her out. Made me happy to be able to be there for her. Also, used this as a little break from the work desk. Stretched, made myself some cold brew and went back to work a little more energised. Checked for the products on Amazon's website and ordered it on my MacBook. - I had to finish editing a piece of content for my Instagram Account, used sometime in between meetings to accomplish that too. Edited it on my MacBook, using Adobe Premier Pro and Photoshop. What I enjoy the most about being a content creator (as a side hustle) is the process of creating and that getting to do that in the midst of that feeling of mundane felt great. |