Default Report
*Managing work and leisure in the digital age: A practice exploration of digital work - P9*
**August 16th 2021, 7:26 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. |
| I did content planning, marketing, and content creation  |
| None today. Was a break day. |
| Talked to clients, created a group for clients to interaction with one another, content/marketing creating |
| Zoom meetings with clients, working on info to give to clients (presentations, worksheets, etc).  |
| Today I did some market research, made a scheudle for current clients, reachout to different clients, and then powerpoints for upcoming clients.  |
| Creating content + planning posts (marketing), reaching out to potential + current clients.  |

**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. |
| From a coffee shop.  |
| Coffe shop and car  |
| A coffee shop and restaurant  |
| I engaged in work at a coffee shop and at my car  |
| From my car with hotspot wifi.  |

**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. |
| early after noon to evening  |
| Mid-day to evening |
| mid-day to mid-afternoon |
| mid-day and late afternoon |
| Mid-day. starting a little before lunch and ending mid afternoon.  |

**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. |
| I felt content  |
| I felt diorganized today.  |
| I felt focused and calm  |
| focused and curious  |
| Excited, creative, and curious.  |

**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.  |
| clients (virtually)  |
| my clients via zoom |
| no one directly.  |
| Just myself and clients today.  |

**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, iphone, Instagram, email, and canva |
| Devices: Iphone, laptop, ipad.
Social media platforms/apps/tools: Facebook, IG, email, canva, zoom.  |
| laptop, iphone, zoom, google docs and email, canva, and IG |
| laptop, iphone, canva, instagram, and email.  |
| I used a laptop and phone (and hotspot wifi on phone). Used IG, email, group me, canva, and voxer to also engage in work.  |

**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. |
| Watching TV, journaling, meditation, walk.  |
| Hung out with friends, watched movies, practiced guitar and yoga. |
| Reading, yoga, guitar, talking with friends.  |
| Meditation, Journaling, scrolling SM, guitar, shopping.  |
| Today I practed yoga and guitar. I also spent time journaling and going to a park. Scrolling Social Media.  |
| Meditation + podcasts+ walks  |

**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 car, at park and at friends house |
| Friends houses, restraunts, movie theater, and car.  |
| Coffee shop, car, park.  |
| Mall and park  |
| park, local guitar shop, and in my car.  |
| My "bedroom" area and parks.  |

**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. |
| morning to mid-day and late evening.  |
| Throughout the day.  |
| Morning and late evening  |
| early morning (meditation) and evening  |
| Early morning, afternoon, and evening.  |
| Early morning and evening  |

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

|  |
| --- |
| Tell us about how you felt in your free time and leisure activities today. |
| content.  |
| Very content.  |
| Really greateful that I could make time to do these things.  |
| I felt curious  |
| inspired.  |
| Relaxed.  |

**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. |
| friends. |
| Friends.  |
| Friends who met up with me.  |
| alone  |
| friends at a loca guitar shop.  |
| My dog.  |

**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  |
| TV for movie streaming |
| guiar, ipad for reading. |
| Iphone and instagram for scrolling social media (SM) platforms  |
| Iphone |
| Spotify for podcast.  |

**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 platforms)**

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| I was orginally going to take a break day and not particpate in work again today. But as I have work ramping up later next week, after taking the day to relax I decided to do a bit of work to get organized for the upcoming week.  |
| Not relevant today since I took a break or off day  |
| Today I tried to start work early but was influenced to meet up with friends so I made the choice to pause work for a little later and hang out with friends and then came back to work afterwards.  |
| Today I was determined to do all my work at a coffee shop but got hungry and moved to a local restranut to eat and finish work. There I also dabbled in a few breaks where I scrolled through IG (instagram). After finishing most of my work I decided to go shopping and finish my day.  |
| Today I overlaped a few work and leisure activites such as journaling and doing work at a coffee shop. Half way through working I wanted a break so I started journaling. I startedworkafter. I also took lots of small breaks inbetween working to scroll social media and would sometimes combine some "market" research while scrolling social media for fun.  |
| I try to group my work togther in a few hours segment. If it's a lot of work I try to break it into small segments with breaks. Today I spent my morning meditating, journaling and setting out my goals for what I needed to get done for work. I went and got a coffee and hung out at a park (in and outside of my car) to do work. I knew I was done with work when I started getting distracted on how I was feeling too confinded to my workspace. I wrapped up my progect and went for a walk. I then did some more work when I realized I needed to get some marketing done on instagram. Finished the project then proceeded to doing things I enjoyed. Which today was just wanting some alone time so after finishing the last marketing post on insagram I started my leisure activites.  |