Default Report  
*Managing work and leisure in the digital age: A practice exploration of digital work - P25*  
**August 30th 2021, 7:44 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. |
| Practiced songs for setlist for busking rehersal on Wednesday - learning lyrics, breathing, tone of artists |
| I had a music rehearsal, I completed two reviews for books, I checked my bank accounts, I communicated with a hotel rep, I communicated with my client. worked on learning lyrics to songs |
| coordinated appointments to visit apartments, visited two properties, spoke to client about commission, negotiated for my commission, uploaded photos and videos to dropbox, google drive and another site, sent client videos and photos of apartments, learned music to perform, downloaded songs, created a playlist of the songs my guitarist and I decided on for our busking set, compared Vimeo plans for photograhy and real estate video work, created a flow chart of the different business ventures I’m building, decided to research 3 crms to choose one for the next three months, decided to set aside an hour a day to work on crm, decided which email service to use for my corporate email, wrote down expenses for the day, followed up with potential service providers who called or emailed me, wrote down a list of 11 addresses of listings over $10,000 to market, decided to get my brokerage license in Jersey and Florida to market more properties that have waterfront views or Manhattan Views as well as beachfront properties in Florida, created a template for a business card, got my laptop to charge to 100% after 24hours on the charger (Huge success!) |
| did a rehersal with a guitarist, viewed two apartments for a client, made an appt for tomorrow, filed a claim, bought chargers and cords to repower macbook |
| today, 8-25-21 I spent most of the day attempting to order a cord from amazon. My laptop stopped charging using the base I had been using for it since I lost my official charger. The other real estate work I did was that I went and talked to an owner about a property she has and scheduled an appt to see it tomorrow. Another person I spoke with who owns a different hotel sent me a link to a very active facebook group for the town. I logged onto the group created a post and got four responses back within a few hours. And set up a couple more appointments. talked with a couple friends about busking |
| went to speak with 4 hotel managers to find out about other properties for rent. logged in to amazon to buy some books, spoke with a colleague, looked for an email host online |
| Planned my work day, Worked on tasks as part of a weekly review, Visited a hotel to take a video of a property, Networked with people to discuss housing options, Knocked on some doors to find housing leads for client, visited a couple properties to preview spaces for future clients, spoke with a condo maintenance person to get information about the property, finances |
| I did accounting work, social media |

**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. |
| at LoLa's cafe on the beach, at home, and walking down the beach |
| Home, my favorite cafe on the beach, at a different restaurant, at a friends place |
| At Lola’s, 1 apartment about a 10 min walk from my house, another apartment about 10 mins away on a Moto and at home. |
| apartment building on the beach and in the mountains, at home, In Pochutla city center |
| At home, at Lola’s my favorite cafe, at a different restaurant within a beach front hotel. |
| Hotel beachfronts, home online, beachfront cafe |
| Worked from the beach at a beachfront cafe, a hotel property in the mountains overlooking the beach, a bed and breakfast, a bar on the beach, a hotel near the beach, a beachfront condo |
| I worked from a cafe on the beach |

**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. |
| 3pm-8pm |
| in the afternoon from about 1pm to 7pm |
| I worked today off and on from 3pm to 6:45am |
| 8am-5pm |
| from 2pm-12:15am |
| Afternoon 2pm-5pm, 6-8pm, evening 10p-11pm |
| In the afternoon from 2-6pm |
| I worked in the 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 good. |
| I felt a little tired, in good spirits though |
| I felt a little nervous about the music aspect of the work today because I built a career around real estate and my identity is really tied up in it. While I love to sing, taking preparations and doing the work to sing solo with an accoustic guitar - I’m a little nervous to perform. On my real estate work I felt confident and secure - solid. |
| tired today |
| irritated about the cord ordering process - unsuccessful - and computer not turning on… positive about the real estate |
| energized, a little tired, didn’t want to work. Wanted to lay down and rest |
| I felt great |
| I felt good in my work activities today |

**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, restaurant staff, |
| With guitarist, with hotel staff; with client, with hotel representative |
| Mostly alone, I engaged with a few property owners. While I was at Lola’s I engaged with the staff. |
| friend, store clercks, rental property assistants |
| alone, restaurant staff, hotel owners, apartment owners, and a couple friends |
| was alone for two of the properties and, spoke with four managers of hotels and supporting staff |
| hotel administrators, bartender, a maintenance person, a house sitter, waiters |
| I worked alone. |

**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. |
| Iphone, apple music, whatsapp, notes app |
| iphone, whatsapp, safari, hotel website, bank of america app, apple music, speaker, amazon |
| iPhone 6, mozilla, safari, whatsapp, google translator, google drive, weTransfer, vimeo, notebook, colored pens, Apple Music lyrics and share song feature, iphone camera, iphone video, apple email, calendar, todoist, magic marvin, sunsama, bankofamerica app, msecure, mullvad, google messenger |
| iphone, google maps, todoist, journal, pen, whatsapp, camera, video |
| Apple iPhone, facetime, whatsapp, cell phone messages, mophie charger, facebook, facebook messenger |
| iphone 12pro, whatsapp, todoist, amazon, mophie phone charger, macbook |
| Macbook, iphone 12pro, toggle track, todoist, bank of america app, apple mail, tutanota mail, video doorbell eufy or ufy security, iphone camera, whatsapp, signal app, apple subscriptions, mozilla firefox, toggl tracker extension for mozilla |
| I used my iphone 12pro, instagram, firefox, todoist, paper and pen, and my laptop macbook 13, banking app (bank of america) and toggle for time tracking. |

**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. |
| spent time talking with a friend, took a moment to join a short get together, said hello to a different friend, went to get some water for apartment, washed some clothes, talked with a different friend, checked out some notifications on social media |
| meditation, socializing with friends, had some tea at my cafe, had lunch with a friend, talked to friend over phone l, a short nap |
| I took a yoga class virtual live from the beach, cleaned my apartment, bought some food items and items for my house, I made videos and sent to my friend, I texted and videod via whatsapp, swam in the beach, did meditation, got a lyft on the motos of both owners |
| did video chat with a friend, practiced singing, listened to some of my favorite songs, waking, grocery shopping |
| cleaned my apartment, dusted, mopped floor and balcony, talked to a vacationer, cooked breakfast with a friend, talked to a friend online |
| went jogging, watched hamilton, stretched, relaxed with friend, had dinner with friend, listened to music |
| cleaned my apartment, went grocery shopping, went swimming, sat on the beach, listened to music, watched a couple videos |
| listened to raggae with friends and ate dinner together, relaxed on a hammock, cleaned my apartment, picked up my laundry |

**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. |
| home, Lola's Cafe, corner bodega |
| home, friend’s apartment, restaurant, my favorite cafe |
| on the beach at Lola’s, at home, at grocery stores |
| at friend’s place in the mountains, in town, grocery store, in Pochutla |
| at Lola’s and at Home |
| on the beach, hotels, cafe, a restaurant not on the beach directly |
| Home, small bodega, Pacific Ocean, beachfront cafe |
| on the beach, one town away, and at home |

**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. |
| 10am-1pm, a few minutes in the afternoon, in the evening after sunset, and a few minutes of calls throughout the day |
| in the morning and in the afternoon, then again after 8pm |
| throughout the day, mostly in the am and early afternoon before 3pm. |
| 10am-4pm |
| in the morning from 10am-2pm |
| 7am, parts of the afternoon and most of the evening |
| in the morning, early afternoon and after 6pm |
| in the morning and early afternoon, then from 5:30pm on. |

**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. |
| I felt good |
| tired, pulled all nighter last night |
| i felt pretty ok |
| i felt tired today because i pulled an allnighter. |
| I felt irritated as my computer wouldn’t turn on- slowing down my processes and throwing off my concentration. |
| a little concerned I was not getting enough work done. |
| I felt great! relaxing on the beach feels very rejuvenating after working up a sweat in my work, buying food to save money feels good. I bought 7 eggs for $2usd, and for that same amount I get 2 eggs prepared at a restaurant. |
| I felt peaceful |

**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. |
| by myself, with a couple friends (respectively), restaurant staff, |
| alone, new acquaintance, guitarist, restaurant staff |
| alone, with wait staff, both of the owners, |
| with a friend and alone |
| my friend |
| alone, with friends |
| Alone, waiters, my significant other, |
| alone part of the day, with my friend and later with my friend’s friends |

**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. |
| whatsapp, camera app, macbook, iphone 12 pro, facebook, calculator |
| iphone, whatsapp, safari, todoist, |
| facetime, whatsapp, iphone, macbook, pen and paper |
| apple music, iphone, google maps, whatsapp |
| facetime, iphone |
| macbook, iphone, |
| whatsapp, calculator, debit card merchant mobile kiosk for credit card payment, iphone 12, macbook pro, youtube, apple music |
| my cell phone iphone 12pro, camera, todoist, whatsapp |

**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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| 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) |
| i chose not to schedule any real estate related work tasks for today. i switched between work and free time by changing locations. at one point, I was speaking to a friend on the beach and was invited to a small get together. I stayed for about 15 minutes, then got back to the work I was doing, of singing and learning music while walking down the street. i logged into facebook. i closed the app when I did what I went into the app and finished what I was working on. In the situation of leaving the party, I knew it was good that I didn't waste valuable time in the day talking to people I had little interest in hanging out with in the future most likely. I made an effort to not use my phone to get into work mode while spending time with a friend at home this morning. I decided to wait until they left to start working. I had my phone in my hand and was thinking of a show I wanted to send them, and thought I'd wait so I didn't get pulled into any other emails or items of interest such as texts in my phone. |
| The aquaintance I was with was getting irritated because I was on my phone. It made me want to be alone. Another aquaintance made a comment about me being on my phone the other day. It was weird. I’m always working or doing something on my phone. I like being alone because then I can work in peace without anyone saying anything to me about my phone. It’s like I’m doing things that are going to make me money. If I had more money, I wouldn’t be on the phone. But if I need to use my phone to make money so I can eat, I’m going to be on my phone because I’m hungry. It irritates me when people tell me what to do. Technically, I should have been working and not having lunch/meal with this person who was irritating me. She was intruding on my work time. Or I should have been asleep. I was irritated I was not out making money performing and was there talking. At least I figured I can close this deal and it won’t be a huge waste of time sitting there watching someone else eat because I am low on money and waiting to get home to eat. work and leisure mix together when I am consumed with work when I’m around others. I find unless I work in a closed environment like my apartment, people come up and interrupt me and it becomes more challenging to protect the work space or work time. Conversations start to enter and distract from the work. Sometimes I find the unplanned meetings really do create a conflict for me as working makes much more sense sometimes. I’m always thinking, what do I need to be doing right now at this very moment from my to-do list. I need to say no to more social activities more often, however, sometimes i don’t want to be rude. And sometimes I just want to be free to work in peace, or sleep, or do nothing. People do not seem to respect boundaries here. |
| How do you use digital technology to mediating, dissolving, enforcing, changing, negotiating or maintaining boundaries between work and leisure? i wouldn’t say I used digital technology to hold any boundaries aside. Becuase I have not been working as much and had coffee late, at 5pm, it was an all nighter so my work outweighed my personal life for the most part of the night. Most of the work I needed to do was on the phone and it was important for me to follow up on delivering what I’d found with the client in order for the deal to move towards close, I would say I had to use more time because my internet is not that fast so things moved a little slower and I didn’t want to end the day without those deliverables being sent to the client n Have you found yourself in a situation in which work intruded your leisure time through digital technology? work intruded on my sleep time, but when I waste so many waking hours on whatever it was I was doing, I feel like I can’t let myself off the hook. Have you found yourself in a situation in which leisure intruded your work time through digital technology? Have you found yourself experiencing a situation in which you found it difficult to keep clear boundaries and differentiate between work and leisure because of digital technology? I have difficulty with the boundary not because of technology but because my environment is so beautiful, I can find it difficult to begin working. I am also very happy with my new apartment 2 mins away from the beach and my new beach lifestyle (as before I was living 25 mins away from the beach) that I have to again force myself to work. I think possibly the chain is the thought that certain hours are meant for work, other hours meant for sleep and other hours set for leisure, that it can be a mental trap to deter me from possible productivity whenever I’m experiencing it or whenever I want to create it. I’ve been toying with the concept of the unschedule where you schedule in all your life and living and leisure in first for each day including meals, excercise and things you really want to do, then schedule work around that. I’m working to build a life I love as a recovering workaholic who’s life revolved around work. Before I had 12-16 hour days with just work and no fun and that was just depressing after I look back at it. With my expenses lower $250 apartment $100 phone bill, my need to spend so many hours of my day working has all but evaporated. I used to feel guilty if I was not working. I had no leisure built in. It’s better now. Happiest I’ve ever been in my life. I’m typing this from the beach. I’m going to meditate for 15 mins then go get some rest. Have you found yourself in a situation in which the use of digital technology created a situation in which work and leisure mixed together? Yes, I often get distracted and have to shift my focus back to whichever task is at hand. It’s difficult because of my attention, not necessarily any outside devices, apps or tools. I’m generally always on my phone and keep my notifications minimal to focus at least a little bit. |
| was talking with a friend on video while choosing a sim card phone number. someone was talking personal in facebook group I ended up buying groceries in chedrai in addition to charger to make computer come on |
| while checking responses from the group, someone I had met earlier that day reached out to me on facebook. that was odd. town’s too small! kinda freaky! |
| The button below does not work with the new iphone camera file types. I was watching Hamilton with a friend on laptop and when they realized I really do know all the lyrics to the play, the conversation turned into an opportunity to sing for the person, and we will be performing together in a couple days. |
| At one point, I went to see a property, and the owner and I started talking about her experiences running the hotel, in another case between seeing properties I spoke with another resident of the town and networked. In another case, I showed a person who was house sitting the scan function on whatsapp and he said, I’m happy to be learning something new today. |
| Working from my cell and laptop on the beach from my favorite cafe felt very relaxed. Completing this survey at a breaking point in listening to music with friends from the beach and seeing all the open sea and sky felt great. I decided to mark sunset as my point at which I will do my surveys. as I find that a good way to switch from work to leisure time. work during waking hours and sleep after sunset. Using whatsapp to do a video call from the beach and being able to turn the screen around is nice. |