A day off-line per week

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Actual talk title: A day off per week

(but I didn't want you to think I was crazy)

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We're busy people

Talks
Travel
Writing
Board Member
Systems Administrator
Open Source Contributor

Family
Take care of grown up things

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How it began

I was tired

I was becoming unpredictably unproductive

How it began

My husband is Jewish

When we decided to spend our life together I decided to learn more about his religion, culture

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In Judaism

Taking one day off per week is a pretty big deal.

It's one of the ten commandments.

Maybe there's something to this.

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Day off!

It didn't happen over night.

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Phase 1

Pick a day to take off

Define what "work" is for you
(for most of us, it's not just chores or what we're paid to do)

Reduce work on that day

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Replace work with...

Time with loved ones
Cultural enrichment
An adventure outside
Reading a book
Learning something new (not for work!)

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Phase 2

Reduce engagement on-line, regardless of whether it's work or not

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Phase 3

Eliminate work

Eliminate all but essential on-line communication

Focus on personal relationships, personal growth and the world directly around you

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It has changed my life

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I feel more energized on days I do work

My life is more rewarding

Much less unpredicted lack of productivity

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It hasn't reduced my productivity

It may even increase it

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Confession

I don't do this every week.

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I travel a lot, conferences frequently land on weekends

Sometimes I have a deadline and have to work

But I feel it now

I do my best and it's OK

I know what I need to get back on track

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