A day off-line per week
Actual talk title: A day off per week

(but I didn’t want you to think I was crazy)
We’re busy people

Talks
Travel
Writing
Board Member
Systems Administrator
Open Source Contributor

Family
Take care of grown up things

Elizabeth K. Joseph | @pleia2
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
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.
Day off!
It didn’t happen over night.
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
Replace work with...

Time with loved ones
Cultural enrichment
An adventure outside
Reading a book
Learning something new (not for work!)
Phase 2

Reduce engagement on-line, regardless of whether it’s work or not
Phase 3

Eliminate work

Eliminate all but essential on-line communication

Focus on personal relationships, personal growth and the world directly around you
It has changed my life
I feel more energized on days I do work
My life is more rewarding
Much less unpredictable lack of productivity
It hasn’t reduced my productivity
It may even increase it
Confession

I don’t do this every week.
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

Elizabeth K. Joseph | @pleia2