Balanced Work

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Figure 1:

`"One works without thinking how to work." - Jasper Johns`

Being a software programmer, most of my work is centered around implementing ideas. The other day, I realized about my work pattern that I am not really productive if I work for more than 4 to 6 hours each day. Why? I figured that whenever I work for 4 to 6 hours of a total of 8-9 hours, I spend the rest of my

time reviewing my work. These reviews have always been very useful to guide me become better at my craft.

For example, I recently identified a very important area of improvement in the context of my work, which led to the tracer utility.

What I have also observed is that if I do not restrict myself to such time limits, I am productive only in a spike but the consistency is absent. My brain (whatever I have of it) just stops working and I am transformed into a dumb robot. And thus the realization of my consistent productivity number of 4 to 6 hours per day.

What is the gist of all this for me? I think it is the essence of thoughtful balanced work. If most of my work is based around implementing ideas, and if thoughts produce ideas, but if I am not thinking, then it is bound to be thoughtless work! Anyway, what is the point of doing thoughtless work?

Recommended Reading

In praise of idleness