**Assessment 2-Using Primary Data: Lifehacker's "How I Work" Series**

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**Introduction**

The “How I Work” series presents ways in which a group of individuals manage and succeed in their profession and provide tips and tricks for a more relaxed lifestyle. Each interview follows a question and answer format with individuals from various occupations and trades, such as company founders, chefs, CEOs, authors, comedians, and podcasters. The interviews are structured and focus on workspace, time-saving short cuts, technology, relaxation and recharging techniques, and side projects. For this study, 10 “How I Work” interviews with television or on-screen experience were analyzed and coded to determine common themes among individuals from different fields.

**Participant Demographics**

For this assessment, purposeful sampling occurred. While reviewing the professions of the vastly skilled individuals, I was intrigued to dive deeper into the life of comedians, podcasters, and on-screen television cast members. The sampling consisted of two females and eight males. The first female is Nicole Drespel, who resides in New York and is a podcast host and writer for the Chris Gethard Show (Douglas, 2017). The second female is Felicia Day, who lives in Los Angeles and is an actress and video producer (Miller, 2012). Three male participants Chris Fleming, Josh Gondelman, and Marc Maron, are comedians with side projects such as video production and podcasting (Douglas, 2017; Orin 2015). Five of the male participants' John Hodgman, J.G. Quintal, Ryan North, Adam Savage, and Walt Mosspuppet, are writers, performers, producers, and hosts for television shows (Miller, 2012; Miller 2013). The purposeful sample collection is to understand the common theme utilizing the ATLAS.ti cloud version to code and analyze the similarities of the selected group (ATLAS. ti, 2020).

**Findings**

**Theme 1: Workspace**

The majority of the participants enjoy working from home. Their work set up consists of the couch, dining room table, office desk, or bed. Nicole Drespel was the only participant that enjoys working at coffee shops because she likes desserts and coffee. The location also makes her feel invisible and detached from life distresses (Douglas, 2017). Chris Fleming, comedian and video producer, prefers working from his home office rather than his work office due to the noise level. His work office space is located in Madame Tussaud’s Wax Museum, which is always loud and distracting (Douglas, 2017). Josh Gondelman and Marc Maron, both comedians, favor working on the couch at home to stay focus and at ease. Josh works on the couch while Marc sets up a small area in his garage for peace and tranquility (Douglas, 2017; Orin 2015). John Hodgman, J.G Quintel, Ryan North, Adam Savage, Felicia Day, and Walt Mosspuppet are writers or producers who enjoy working from home. Their work settings while writing is laying down in bed, in the home office, or in their home studio (Miller 2012; Miller, 2013)

**Theme 2:** **Best Time-Saving Tricks and Keeping Track of Priorities**

The participates specified that they were frequently busy with full schedules. Each individual tries to plan their days by creating schedules or do to lists. Chris Fleming believes that if something is essential in life, it should be written down not to be forgotten. Thus, creating schedules and to-do-lists to complete essential tasks first helps organize their days more productively (Douglas, 2017). Josh Gondelman and Nicole Drespel utilize iPhone recorders and mobile ordering for time saving. At times interaction is non-existent due to their busy schedules. Being able to record tasks saves time and is easy to track throughout the week (Douglas, 2017). Marc Maron utilizes the Gmail calendar and Garage Band to track his obligations (Orin, 2015). Felicia Day, Adam Savage, and John Hodgman believe that creating to-do-lists is key to staying organized and keeping track of priorities. Post-it notes and TextEdit were stated to be the quickest way to write notes for future tasks. Setting times for specific tasks such as checking and replying to emails aids in time-saving and work completion (Miller, 2012; Miller 2013). On the other hand, Walt Mosspuppet, Ryan North, and J.G. Quintel are multitaskers who believe that the most critical tasks are completed first and that the rest will follow. No time should be wasted on the unnecessary. For example, J.G. Quintel quit playing video games to prioritize his time more efficiently, Ryan North creates dialogues as he walks his dogs, and Walt Mosspuppet does not “fact-check” because it is too time-consuming (Miller 2013).

**Theme 3: How to Recharge**

Throughout the interviews, each individual stated that recharging oneself is essential. Creating and contributing to their careers throughout the years at times has them feeling drained and emotionally compressed (Douglas, 2017). In order to recharge, one must allow their bodies to replenish and energize. Chris Fleming explains that bathing and taking long drives through nature help him rejuvenate and think clearer (Douglas, 2017). Marc Maron, John Hodgman, Adam Savage, and Walt Mosspuppet enjoy listening to music for relaxation (Miller, 2013). Listening to music can have a relaxing effect on our mind, spirit, and body. It can act as a powerful stress management tool, a diversion from our daily responsibilities, and aid in meditation to clear the mind. Nicole Drespel explains that cleaning her apartment helps her relax because it allows her to feel in control of her life. She also enjoys watching Youtube videos to unwind and reduce stress (Douglas, 2017). Even though J.G. Quintel has removed video games from his daily routine to focus on his work, he plays old Sega Master System games in his leisure for recreation and entertainment. While many of the individuals recharged in different ways, all believed that it is vital to clear one’s mind and for optimal success.

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