20230501 ABI - AI Will Either Take Your Job or Make You Happ...

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SPEAKERS

Raymond Sidney-Smith, Sponsor Voice Over, Augusto Pinaud

Raymond Sidney-Smith 00:05

Hello, personal productivity enthusiast and community Welcome to Anything But Idle, the productivity news podcast. I'm Ray Sidney-Smith.

Augusto Pinaud 00:12

I'm Augusto Pinaud.

Raymond Sidney-Smith 00:14

And we're your hosts for Anything But Idle. Welcome, everyone. I know it's been a while. So this is episode 112. And we're recording this on May 1 2023. Each week, we cover the productivity and technology news headlines of the week. So you know what's going on in the current research tools, services, products and more in the world of personal productivity. So let's get right into it Augusto. What's our first headline or set of headlines this week,

Augusto Pinaud 00:48

The first set of deadlines are all about the four day working week. So Blue Zones has an article talking about four days work weeks are making people happier, according to some of the studies that they're quoting on the article, and they took about 83 companies 900 people, and there were two things interesting, at least for me in here, one is going to the four day work week, they find out that there was really no significant impact on the bottom line, there was any slight improvement, but there was something more interesting that he's that reduce the amount of sick days that the people took and, and those kinds of things was very, very interesting. Or we have a couple of articles to complement this. The other one was of the University of Cambridge. And, again, they found that the four day week significantly reduced a

stress and illness in their workforce. And it was very interesting to the numbers they report are very high 71% of employees self reported lower levels of burn out and 71% It's a very significant number. You know, in this study was around 2900 employees, you know, dropping one day of work not being affected, letting them come do their work and leave and, you know, turning them maybe like an adult, I don't know, it's that that may be the most interesting concept in there. The next is a study on the salon where, again, they talk about new Health Studies trend the case and talks about how people is because the four days week, increasing the amount that they're in there, 29 minutes less so then three each day than before. And you know, when I read the article, I was impressed because I said 29 minutes, I said, Okay, you're telling me one day, and then I read again and say, Oh, no, no, no, it's each day. There is a very big number for for people and health in the long term.

Raymond Sidney-Smith 03:18

Yeah, absolutely. And so not to not to like kind of understate what the prior study in the UK, out of the University of Cambridge, you know, this was 61 organizations, they reduced hours by 20% for all staff for six months, right. And so, wages were not changed in any way, shape, or form. And so this was a fairly controlled environment for studying this kind of large scale impact on a by the four week, four day workweek. So I'm pretty emboldened by the the numbers that we're seeing here, we're seeing a lot of positives, we will definitely see negatives, there is no question that we will see consequences for the four day workweek in certain organizations, there is poor implementation. There's poor management, there, there's undermining by some management and middle management. So there's going to be certainly negative things that come out of this. But this is really great to see a strong set of new data being studied about what happens when we go to this kind of four day workweek, as we'll talk about in our named story, this this, you know, our featured story this week, you know, AI is coming and and with that means hopefully, we don't have to work as much because the technology can do some of it. That doesn't mean it's going to remove my job, but it should, in essence, give me more free time, right? That's the whole concept of liberalism, that we have more free time to be able to spend on the things that are most important to us as humans. And so I think it's really just for me, very, very interesting and and useful to see this information bolster pro four day workweek, I'm sure that in maybe 1020 years, we'll be talking about the three day workweek, you know, it's just going to it's Just going to progressively become an issue for us all. And I think that we all have to, in those who are poor, personal productivity minded, we need to really think through how is it that this is going to impact our work? And what are the positives for how this is going to impact our work as well, let's take advantage of those as much as the negatives that are out there. All right, on to our next story about remote work.

Augusto Pinaud 05:22

Our next story is the new survey showing how there is an increase on remote work and a reversal to the return of the office drives, you know, we saw a river, let's come back to the office. And it's been very funny because it's it was like, let's come back. And suddenly, like what we're back in the car. And let's go back to remote. And, and I've been seeing the same thing, that story, I've been seeing the same thing, all my clients, many of them who went back to their offices with few exceptions as been backing up and trying to understand how they can get into a better hybrid, and how can they consolidate locations and things and make people

stay happier? You know, one of the things that it's not in this study, but it was mentioned, in another one I read is that they some of these companies is covered that remotely, people were working a lot more than now that they're in the office at five, they shut the laptop of my PI. And it's like, okay, let's look into, into back and the number of claims of what they used to call the pretend to work. Well, they noticed this is people pretending to work, there were people pretending to work in the offices to I mean, that that has never changed. So what they need, as you said, is better management, better systems to allow people to work better.

Raymond Sidney-Smith 06:57

I don't remember if you mentioned this, but this is the LinkedIn workforce confidence index. And so they are studying across the board, a wide variety of information. And this was one of those pieces of data that they were were studying through January of 2023. And so we are seeing some just very remarkable information. And this is a quarter million professionals that they've surveyed. So it's not some small, you know, a drop in the bucket number of people, I see some of these studies where they found, you know, 100 people, 300 people, this is 247,000 people that they that they surveyed. So the information is really robust in that sense. And it's, it's great that LinkedIn has that access to be able to do so

A Augusto Pinaud 07:46

I'm gonna go on what he chose is what we said, we are going to that hybrid. And when you see the numbers, the numbers for the hybrid is starting to climb and climb. And the reality for our future is going to be somehow hybrid.

Raymond Sidney-Smith 08:04

And the the other parts of this is that you can't put the genie back in the bottle. So you know, people are going to continue to keep wanting in some way shape or form or not want to get in some way, shape or form. And the The goal here is to find a balance for every organization. But no matter what you are, if you have one person who's not in the office, you now have a distributed work environment. And that distributed work environment needs to be figured out for everyone to be productive. So keep that in mind, the moment you leave the office, whether that's because you're out on, you know maternity or paternity leave, that's because you're out on a sick day, or you're just not feeling well, you don't want to necessarily, you know, go into the office and make other people sick, you know, novel thought. And so you can work from home, you don't feel bad enough to take the day off. But you just don't want to be in the physical space with others because you don't want to make others sick. These things should be allowed, it should be fostered and it should be embraced. So this is not just about like everybody's gonna go home and stay at home forever. This is about how do we be flexible and dynamic in the course of, you know, day to day life? And and how do we still be productive when things impact us in that sense. And we have the technology now to be able to make that happen. You know, not everybody can do this. So there are going to be people who get sick, and the office basically needs to just do without them for that timeframe. But we can we can think about this now. Right? And take a moment to pause and plan as opposed to just continue to keep wringing our hands about the subject and not doing anything about it. Right. Just thoughtfully think how can we embrace this in our company, in whatever ways we can and take

it as much feedback from the existing workforce as you can because you know, the reality is, is that as your workforce changes, so do you need to change management and otherwise you just can't be static about this. So I think it's just a good reminder to consider those things. Onward to our next story of Cousteau.

A Augusto Pinaud 10:07

Our next story is titled, how to handle setbacks, better sources of Insight has a JD has an interesting article called Mel Robbins and others but describing, you know, what are the setbacks? And, you know, remind yourself as Mel Robbins will say, you know, you got this. So, tell yourself, you know, her Famous Five second rule, you know, 54321, I got this, and talks about embracing success, talk about a couple of affirmations that you can use and but the reality is remembering that setbacks happen to everybody. I understand. That's not how it feels when it's your setback, but happen to everyone. And it is very important, the attitude that we go into that setback find have your pity party, but make sure that you have systems or people there to help you bounce out the setback.

Raymond Sidney-Smith 11:13

You Yeah, I agree. I think they they go on to talk about Angela Duckworth and her work on her book in her book grit. And I think that the four kind of steps that they outlined here is kind of really strong, you know, stuff to reflect on, really, you know, reframe the setback as an opportunity for growth. Really every mistake you make. If you have not learned the lesson yet, then you will continue to probably make that mistake. And so, you know, this is an opportunity to stop thinking about it as Oh, I you know, I messed up too. What did I learn from this mistake? And can I nip it in the bud now, and it may be No, right, you may need to learn the same lesson over and over and over again for a while I've been there. And then you will ultimately build the muscles to be able to overcome that particular issue. To cultivate grit and perseverance. This is where I probably have a little bit more skepticism with regard to you know, Angela's work Dr. Duckworth, Dr. Duckworth work. But you know, cultivating grit and perseverance is is not as easy as it sounds. And there's a number of biological factors that come into play here. But when you do face adversity, right, like, I'm, I go to the gym every morning, and and I work out. And that's a form of perseverance, perseverance and grit building, because it's not easy. Doing the kinds of workouts that I'm doing. And and you you build a certain level of of resilience in that in that in the face of that. Now, does that resilience, translate to writing an email that I don't want to write to, to my boss, I'm not sure. But the goal here is to be able to continually think about how you can build this kind of grit and perseverance and at least do your best to do so. seeking support and feedback. Gousto already noted that that's great. And then of course, embracing a growth mindset, the growth mindset, you know, Dr. Carol Dweck 's work is the fact that you believe you can grow not just generally in life, but in this specific capacity, can you can you grow as a, you know, cmo in your company, if you believe that you can, then you are far better off overcoming a setback than if you believe that you can't? Right? If and this is not just your conscious belief, if you unconsciously believe that, then you need to surface that to awareness to either deal with that, the issues as to why or understand that you are in this non growth mindset, you know, you're in this limited, static mindset. And you're going to have to face that, because more than the setback, that, you know, fixed mindset as Dr. Dweck calls it, is going to cause you more challenge than good. You know, so it's just the it's just the thing there. And we're not and again, you know, the whole concept of fixed mindset is not bad versus

good, right? You know, growth versus fixed is not bad versus good. It is just an understanding of where you're coming from at the from those perspectives, and that the growth mindset does give you more flexibility, right, so it gives you more positive outcomes. That doesn't necessarily mean that a fixed mindset is a bad person or a bad whatever, you know, it's that we tend to moralize some of these things when we when we when we talk about them. Anyway, onward to our next and final productivity Article of the week. A Gousto might come

A Augusto Pinaud 14:35

from Psychology Today and study Lester is given a personal perspective on time management and the story is you know, I rush I was since given dinner doing all this went to the gym and suddenly the universe told me stop she basically break something on her back hurt something on her back. And it's been since given dinner on ice on her back via zoom. And she's quite SDN in, you know, it's really trying to add that more thin doing that productivity, you know, more, more and more and more and more, really something. And I have always argue when I talk to people about productivity and clients, what is what you want to do? Do you want to check more boxes? Or do you want to check the important box? And there are days that we all check more boxes? Okay, that's what it is, can you and the end of the day, you know, 6pm, and look at this and say what I accomplished today? Did you check the boxes? Yes. Is any of those boxes really critical? No. Okay, I'm that happen to all of us. The question is, how many of days in a row do you have? versus how many days of those? Can you? Or how many days with significant things can you have? And that is where is important this personal perspective on time management? Because I should say in her article, well, I didn't that more thing. You know, I missed that since given dinner with a friend who was moving out of town, who I may not have another opportunity, for instance, given it was worth it, do the activity that she was doing to get hurt. No. But at that time, that was what she thought was the right thing. And that's something very important. Because we all come again, to the lives of the end of the day and saying, We didn't accomplish anything, and you mark a bunch of boxes. But you now notice that none of these are really that important, fine. But then a stop and learn. What do I need to do tomorrow to change what happened today to make it better, you cannot change it back. But you can change it forward. And that's where these kinds of articles are important for me. Have you asked yourself why? I pick what I pick today? Why did I did these 20 things instead of 20 different ones, and that perspective? turn into something very important.

👤 Raymond Sidney-Smith 17:18

Yeah, so I'm going to I'm going to take an unpopular opinion here and on a number of different subjects relating to Tonya Lester's work here. It's not that I disagree with her in the general sense. But it's just sounds trite. To me, the argument, I hear this all the time, also, with regard to toxic productivity. I don't like the term, maybe because the word toxic and productivity are being kind of put together, I just don't, I just don't like the connotation there. And the idea here is that we all all of us, you know, who are involved in helping people be more productive, who are concerned ourselves with being more productive. We don't necessarily all have some kind of, you know, illness by which we want to be and live, you know, a better life. There is a point and I this is where I agree with her on the on the whole, I believe there's a point where, as you talked about a Gousto, are we really just checking off boxes? Or are we doing things that are that are values driven, right, and values just means I've created, you know, a standard for myself in life, and I want to live abiding by that thing. But, I mean, what she did was a, she had

an accident. She had a biological breakdown, you know, like her body had had a had a, a problem. This doesn't necessarily tell us that she actually had a breakdown in her systems in any way, shape, or form. I think that, you know, certainly she could have been more mindful, and all of these kinds of things. But it really doesn't actually tell us very much about the circumstance, she felt frazzled. It sounds like and this was kind of the, the, you know, the straw that broke the camel's back for her in terms of taking a step back and doing some mindfulness exercises, you know, some pausing and planning around her life. I think that's positive. I think it's positive. She went through this experience, you know, but I don't think it's necessarily indicative for all of us about how those things work. I think trials and tribulations are ways in which we're going back to our prior article about you know, overcoming setbacks, you know, when we come into into the face of challenge is when we actually make our most growth, growth comes through discomfort, right. And discomfort comes in many different forms, including apathy, or just, you know, just basically plain, you know, feeling nothing about the way in which our situation is you know, we become apathetic about something we become kind of banal about the circumstance we're in, or we we get something shocking, you know, something very positive happens in our life. Something very negative can happen in our life. eyes, and we respond to those things. So growth comes out of those, those places of challenge and discomfort. And so I don't particularly have a problem with people facing those things. Sometimes it's sad that those things happen, a spouse passes away, a child passes away those kinds of things, you know, to the point where you stub your toe, and you decide, okay, now's the time that I fix this thing in my house where I keep stubbing my toe on it, right, we, we come across all kinds of things that cause us to do those. But, you know, she references for 1000 weeks time management for mortals by Oliver Berkman. And again, my, my personal, you know, opinion on on Berkman's book is that he's just a whiny Brit. And it just goes on and on, you know, in a book that I think I could have saved time, by not having read, you know, I don't, you know, and I know, there are many of you who are watching and listening who read and enjoyed Berkman's book, and I, there's, there's nothing illegitimate about that you enjoy and and embrace it for what it is. But for me, it was just like, Okay, you sat down, and you wrote all of the complaints you could have about all of the various things in the productivity world. And the reality of it is, is that for those of us who care about eudaimonia, right, living a liberal life, that is a life of, you know, what we consider freedom, and that's a, you know, that's a veiled word, right? Because we're just trying to create free time in amongst our lives, and we're trying to do better by living a life that helps each other. Right, and rising tide lifts all ships, then there is this interplay, this balance between how we use those, quote, unquote, 4000 weeks in our life, and I think that's even a bit of a challenge to say, Okay, we will only have 4000 weeks in our lives, you know, some people have, you know, 2000, some people will have 4500, just depends on on the individual and how it all works out. So, I'm, I'm, I know, I sound a little bit aggressive here in the sense, but I just want people to understand that there is this, I think, growing sentiment toward being kind of anti productivity for the sake of it. And, and we shouldn't, we shouldn't fall for that we should be very, very clear about the fact that we want to do better for us individually, our loved ones benefit from us being more productive. And when people come out and kind of have this, you know, these challenges, I think, maybe not to what I've just done, but we should embrace those folks as much as possible. And, and try to understand where they tripped up so that we can have a better and more thoughtful discussion about okay, is this really something that has to do with learning about productivity? Or did you just have a, you know, your back just blew out, right? Like, it's just really what I heard is her back blew out, and then she attributed these other things to it, maybe it was just a nice way to frame the story and talk about all of her Berkman's work. But it just didn't really, I don't know, it didn't resonate with me, I think it probably more frustrated me, by having read it actually thought about writing a blog post in response to this, I'm not committing to that. But I want to, I want to provide a balanced view of all of these things. And I think that this is a this is a view

that I think is is very counter to what generally most of us experience, we are doing things to make ourselves more productive on a regular basis. And we feel that benefit. And we know that there are times when we can be aggressive about it, and some of us can take it to the to the nth degree, right, you know, there's absolutely that, but we shouldn't ruin it for the rest of us.

A Augusto Pinaud 23:35

So I'd also one of the things that agreeing with you is the concept that the part that I like about the article is the concept change. And there is people who, you know, if that will be a one to 10 is fine, been on a five of productivity, and they will be fine. been there forever, I'm counting their 4000 to zero. And there is people who say, Oh, they have 4000 Great, what I can do now to do is get that five to seven. And it is fine either way. And I think one of the important things is know what works for you. You know, when when when I read that article, will I have a stop doing? You know what you said? Now, I will have look how I can plan it better. So, but but as you said, Thanks, things happen. Buddies break down, cars break down, computers die. Okay, all that happen. And the question is how those setbacks will get you to move forward.

Raymond Sidney-Smith 24:48

Right, and I think that it helped her recognize taking time to be with her family. And I think, you know, the reality is, is that I do the work I do so that I can do that. You know, so I always have that purpose and meaning in my life in terms Have I missed, you know, fairly. I'm not a recluse, but I enjoy me time, right. And so I know that doing my work efficiently and effectively allows me to have that. And that's why I want to be efficient in getting all of these things done. For you, it may be that you want to spend more time with your family, and you want to be able to set that time apart. So knowing your y really helps compete against this whole notion of toxic productivity or that somehow you know, you're not you're being disabused of your time at work or something like that, or that Allah Berkman, somehow you were misusing, you know, your time, because, you know, you're trying to be more productive in many different ways. I think, stick to your true this, whatever your

A Augusto Pinaud 25:47

cause, thinks your why, as you said, you know, for me, in particular, do the kids as much as I call it, you know, that's That's like having an overt job without being paid for over no tip. And no, thank you. Okay, that's fine. But I knew that you were for the kids in the morning and must have the afternoons and, yes, that's what I want to make sure I can do I work the way I do. So I make sure those why like that are there. So the important thing is to understand what are those why's and is yours is family, great, then things need to go around that not the other way.

Raymond Sidney-Smith 26:30

Fantastic. And so with that we've closed out our productivity articles. This week, we're going to go into our word from our sponsor this week. And then when we get back, we will talk about the technology news this week. And then our featured story and the rest of our closing matter before the show closes out. So we'll see after the break well, working

Raymond Sidney-Smith 27:59

And we're back. Welcome back everybody to part two, Anything But Idle. And with that, okay, so what's our next headline this week in the technology section?

A Augusto Pinaud 28:08

It seems that one of my biggest complaint about WhatsApp is going to end but not too soon. So WhatsApp has been known to have on your phone. Yes, they do this web implementation that never works. It doesn't keep you connected. And it made me very frustrated Anyways, now you will be able to put your WhatsApp account into multiple phones, it's good to clarify that there is now going to be jammed into tablets and computers, you're going to need to continue using for a while the web interface for those people lucky enough that that works. But for the people who have multiple phones, now they will be able to do it. And the company announced that it's starting to populate, it's going to take a while they didn't said how many weeks they just said several weeks, so don't put your hopes too high. But eventually, you will be able to finally to have that WhatsApp in more than one phone.

Raymond Sidney-Smith 29:14

Also know there is a whatsapp desktop application for both Mac and Windows, in addition to the WhatsApp Web, and it still has that I mean, at least I feel like it has that same experience as WhatsApp Web. But it has a little bit like it has a little bit more connectivity consistency than not. And I don't use whatsapp very much. I mean, I have started to just remove it from my life in general. It's a meta owned company, and that it's not really an anti meta thing. It's just It's yet another app that I have to have. And yet many many people around the world use whatsapp as their primary communications platform. So I do keep it around for that for that reason and obviously that's why you do a Gousto search for family and friends I'm sure back home using WhatsApp right and And, and so this is great that you'll be able to have no more than one phone, this will affect a very small number of people, right? So it's not the it's not going to affect a lot of people. But certainly those of us who are in, you know, more rich nations

and have multiple phones, this is going to be a absolute boon. I know that I have multiple phones. And it's very frustrating for me to pick up my non primary phone and WhatsApp not to be there when a message comes through, you know, so I'll get the message on my on my watch. And then I go pick up my my secondary phone, and it's not there. And it's just, it's just like, why, why, why are you doing this to me? So I really, really appreciate the the development here, even with my limited use of it, so I can see how this will help a lot of other folks. All right, yeah,

A Augusto Pinaud 30:43

I will wait until they I will wait until they have their iPad someday. I have no hopes. Anyways, let's go to our second. And the second is Google Authenticator.

Raymond Sidney-Smith 30:55

Yeah, I'll call I'll cover this one really quick. So Google, yeah, Google Authenticator is the multi factor authentication tool. So it provides a second factor code, which is generated by you connecting various services. So if you have a service where you're logging into it, like discord, or slack or otherwise, you turn that, that technology on, and then now when you go to log in, it asks you for that other code, and you've probably seen this in many different places in your life. And Google Authenticator is one of the applications that do that most people, if they're in the Microsoft world have been pushed to use Microsoft authenticator. But you can actually use Google Authenticator instead of Microsoft authenticator if you wanted to, if you don't want to keep all of your kind of, you know, eggs in one basket kind of thing. And it works remarkably well. But one of its primary limiting factors has always been the fact that it was stuck on one device, you can export the authenticator codes to another device, what I've always done is I just basically have multiple authenticators running in the same system. And when I attach authenticator to a new account, I scan each of them. So I basically am doing multiple work. Well, Google, in their ever wisdom has decided to bring this out to bring it to kind of a new level, which is to synchronize our two factor codes across their system. However, however, this is currently not using end to end encryption or e to e. So be mindful of that fact. Right, you are you are not having the best level of security as it relates to being able to synchronize What are very sensitive codes. So you should, you should be very, very mindful of whether or not you should usually even utilize that function until they do get e to e KOing. But they have identified that it is an issue, they are going to bring Eazy E end to end encryption, to Google Authenticator. With the synchronization. I know that I am very happy to see this come to the platform. And it'll make it a just a much more clear and straightforward option for folks to be able to utilize second factors. Because it's it's not an easy idea of concept for a lot of people to kind of grok. And, you know, the easier you make it for people to utilize the technology, the more likely they are to do it. And two factor codes, you know, multi factor authentication really helps make the internet safer. And so we really need to support technology like this, even if you're not in the Google camp. You know, I think it's important for us all to be utilizing it, whether you're an Apple, Google, Microsoft, or otherwise. So really glad to see this development in that way.

A Augusto Pinaud 33:34

Me come sort of second news, and I'm jumping into this because it happened to all of us. Can

you work some days in Google someday was a Google doc someday was a Microsoft depends, especially people of us who work with different clients, and some of my clients work in Google Docs, some of my clients work from Microsoft. And you get there and say, you know exactly what you want to do. How do I do alternating current columns in Excel? Or how do I recall an email and now you are breaking your head, because you cannot remember where in Google Docs or Excel or whatever that is. And this now, Google is making this available for Google Docs for sheets. And basically, you will be able to put your own words, I want to freeze up to columns, and it will click and do it. And I am so excited about this, because it's not every day that I leave in Google Docs or in Google Sheets. But every time I go, it's a very frustrating experience, not because of the software, but because I don't use it enough to know where things are consistently.

Raymond Sidney-Smith 34:46

Yeah. So a couple of points of clarity here. One, this is coming to Google Docs, Sheets and Slides. So those three primary products and I'm sure that they're going to probably scale this out to more as they build out the enhanced tool finder. And so the is really great for folks who don't use the tool every day as a good stuff said, and this is now the new home for Find and Replace. So if you're trying to find replace something, you know, typically you would use Ctrl H or Command H on your keyboard. In order to engage it, you highlight the text in Google Docs, use the keyboard shortcut command, or you go to Edit and then down to find and replace. Now, that's directly there in this enhanced tool finder, you can actually do find and replace. It's, it's there in the interface, it's in the toolbar, which is kind of nice. It just saves you from having to poke around and click to find it. I think enough, people are probably utilizing the feature that Google decided to actually bring it into the UI for folks to be able to use on a regular basis, so good on them.

Augusto Pinaud 35:48

Our next article is from about Chromebooks and installing PWA s on Chromebooks has small useful of great if you can share your use Chrome OS a lot more than what I do. But

Raymond Sidney-Smith 36:02

yeah, and so when when we're when we're dealing with PW A's, just so everybody knows a progressive Progressive Web App is basically a shell that Chrome creates for us to be able to basically use the application, whether that be Instagram, or Outlook or otherwise, when it launches, it launches in its own window with its own icon. And so you're, you're basically there and utilizing it in your own way. So in essence, the Chrome Developer site recently announced a new UI for PWA installations. So now when you start installing a chrome, book based PWA, you will see both a an app description and a screenshot of that app that you're going to be using, so that you can make sure that you know that you're installing the right thing. It's a very, very minor detail. But it also brings us to this greater point that the experience for PWA is on Chromebook on Windows on Mac has become that much better over the course of time. And we're seeing this kind of install UI as just one development in the right direction, I think for them, they definitely need more functionality, they definitely need to have better resource management, especially in Chrome, where you know, I have dozens of PW A's running right

now. And they can be a bit of a resource hog, because of the way in which chrome utilizes them in the background, and I'm running this on a on a Windows machine at the present moment. But, you know, there needs to be some better, you know, pieces there. But I have to tell you, it's really phenomenal for me to be able to close that out. And I know that I'm not running, you know, the massive bloated Outlook, you know, a bunch of times for me to be able to utilize outlook for multiple different email accounts where I want the segmentation, I have to have the segmentation for work purposes. And this gives me that capability. So, you know, I think this is a good development, like an like minor minor, UI installation, you know, improvement on the on the Chromebook side, but I think it's a good one. Next up, also

A   Augusto Pinaud 38:15

on our news, our Nexus Apple news, Apple wins the appeal in the Apple Store, legal battle, battle against Epic Games. And as I said at the beginning, I'm very happy that they win, not because I agree, everything they're doing, but because of the way this battle started, I don't think at the start in the good way. And I'm very happy to see that it's ending on the way it should end it. Apple need to modify this app, some things on the Apple Store, of course, business change, and they will, but there was no need to play on the way they play. And I'm very happy it ends that way.

Raymond Sidney-Smith 38:58

Yeah, so I didn't understand this from the story, does this mean that they are still going to be required to allow developers to be able to direct users to third party payment platforms?

　 39:11

Not yet. Further two parts, Europe is trying to do that. And that's a separate thing from this. But one of the things that epic was trying to do was to set that what they did was right and allow them to do it and Sue Apple for kicking them out out of developer development, and the apples, putting their apps on the Apple Store. And basically, now they need to go back to if they want to put their apps there. They need to go back to the prevailing play by the rules.

Raymond Sidney-Smith 39:44

Got it? Got it. All right. Well, I will have to read the court decision myself at some point and it's actually embedded in the article. The the, the opinion is there. And it's the Ninth Circuit Court of Appeals, so it should be a good read. And so, so I'm looking forward to that myself. So if anybody is interested, I'm actually saving it to Evernote right now. So all right on to our next story Gousto.

A   Augusto Pinaud 40:10

Story is slack and the slug announced that they're going to have something called Canva. And Canvas basically it's kind of a dog glorified notes. So that way, no, you don't want to leave on

your chat application, but we're going to now allows you to keep notes and stuff on the chat application. And as a productivity coach, as a productivity consultant, I think it is very, very scary that that is the definition of productivity that they are going to try to push. Basically, it remind me of the idea of post IDs. Okay, and how I'm going to put my productivity system in posted. That's all that I'm going to say about that.

Raymond Sidney-Smith 41:05

Yeah, I I'm not, I'm not sure where Canvas lives in my own world, you know, at all, I mean, I just don't, I don't see me wanting to, to embed that kind of data in there. However, I do see an opportunity for if you're running, say, a community inside of slack, and it's solely a community to bring people together, then this kind of lightweight documentation, you know, portal, you now have a place to place that kind of thing, links to things and so on and so forth, I can see value there, to be able to keep that in inside the community for folks sharing links in an organized structure off to the side inside Slack. Otherwise, it's not, you know, it's a features software. It's a feature focused software. It's not, it's not a full fledged, you know, document management system. So now we'll see, we'll see how it kind of develops over time. But it's, it's kind of, it's useful in that slim kind of band that that I can think of, but good on them for for putting some work into development in this in this sense. All right, next up,

A   Augusto Pinaud 42:14

the next one goes to your Kindle scribe, and they are improving the note taking experience to make it a lot better. I know you got one and you have been playing with it. So share the experience, because I have not had my hands yet. On one.

Raymond Sidney-Smith 42:33

Yeah, so I have not seen this, this update. So basically, Amazon has a bird's eye view when you are in the Kindle scribe app inside of it. So you can see this as it relates to notebooks. What they've introduced is a bird's eye view button in the Kindle scribe notebook app, so that you can see the pages in that same sense. That's what I'm I'm guessing I honestly didn't know that I didn't have that. So I really haven't. But I'll say this. The the way in which Kindle scribe has been useful for me has been that I've been able to map out markup in a way that keeps me focused on that particular thing that I think is really, really helpful. I'm still not sure I like the combination of me taking handwritten notes and see my Kindle documents in the same interface or as Kindle books in the same space. But I'm using it all the time. Like I literally use the Kindle every day. So the scribe has definitely become a part of my day to day work. And I like the ability to just scribble ephemeral things in it, that I don't think that I like putting in say, Remember the Milk, that would be ephemeral, right? Like I just need a little bit of data here. I don't necessarily like going to Evernote to use the scratchpad function within Evernote home just doesn't appeal to me. I know it appeals to others. So the scribe ends up being that place where I can, I can, you know, take those notes. And if I'm in an environment where I'm not going to take notes with my keyboard, and I'm saying face to face meeting with a client, the Scribe is kind of the perfect tool, I can take notes, I get back to the office, I can then share those notes out. I can send them to my assistant, I can send them to a client colleague, whoever I met with and now they have a record of what I wrote. And we can now kind of move forward and it's digital and whatever else. It could be a little bit more fluid right? So right now

the the scribe allows you to basically send to yourself and now what they're doing is they're they are implementing a new function for Microsoft 365 customers, where it would allow now allow you to read and annotate Microsoft Word documents on the screen. If so you'll have a new Send to Kindle button very similar to how you have a Send to Kindle button on many of the mobile applications, you know, mobile operating systems. So that's kind of nice. And we have some other little refinements of how they're going to add new pieces to the notebook interface, like sub folders, and a go to Page option for the notebooks. Those are really, again, it's like things that like, oh, well, yeah, you didn't have that already. You know, like, I think subfolders is helpful, I don't know that it's going to be that much more helpful if we continue to create more and more hierarchy in the in the notebook structure. The Kindle environment is just not designed for that kind of high level, you know, detailed hierarchical structure. But I'm presuming some people want to do that. Yeah, so I'm, I'm okay with the I'm okay. With the the Kindle, as it currently is, the scribe has been serving me pretty well. I'm glad to see them, you know, further updating the system. Did you have any other thoughts or questions about the Kindle? scribe?

A Augusto Pinaud 46:06

No, that was very interesting to see how this is going to evolve, mostly because this is, I think, will be the first device to the masses for note taking, and it will make the other devices much better.

Raymond Sidney-Smith 46:23

Yeah, and I don't know that the you know, again, Kindle has Amazon itself has a pretty large birth, you know, from which to operate from in terms of marketing, the Kindle scribe, I don't know that it's making its last time I saw it wasn't really making its numbers in terms of, of getting into enough people's hands. So we may just be at peak device for a lot of folks post pandemic. And so they don't need another device to be, you know, in their home or otherwise. And they're not me. So, they haven't decided to add another tool into their toolbox. That being the case, I think that when people are ready to change out a Kindle, they might choose to go to the scribe instead of the oasis. And especially if they get this additional feature set of being able to handwrite on on the the the books, as well as the documents, I will say that I have been using the annotation feature and writing on more and more Kindle documents, now that I have the capability. And I'm a bit annoyed when I have my Kindles because I have a paperweight paper white, you know, and I have an original Kindle 3g that I still use, and I've got a couple other Kindles and, and so when I have them around, when I when I have the Kindle scribe, of course, I'm like, oh, you know, what I, you know, I would circle or write my annotation notes in the in the margins. And that harkens back to physical books, and you know, what I would do when I would write in physical books, but I can't do that when I'm in the on the Paperwhite. And it's a bit of a kind of a mind change, because I have to go back to long pressing, highlighting and typing notes, which, you know, is not the best experience on the Kindle, right? Kind of, you know, hunting and pecking on the screen to be able to type the basic basic words, right, you don't have swipe, you don't have the ability to really do voice to text in in the Kindle environment. So the scribbling in the margins as long as you have neat handwriting and you can read what you wrote it's actually very it's actually very helpful. Okay, just

A Augusto Pinaud 48:19

ruined us ruined my possibility of get one of those say neat. I'm can read it. Yeah, I'm out.

Raymond Sidney-Smith 48:26

Yeah, that's, that's it's absolutely necessary, because it's not going to be able to read it back to you. Alright, moving right along to our featured story the week are we doing tools of the week, tools of the week,

A Augusto Pinaud 48:41

we are doing science of productivity right now. And we have an article from Mr. Tank, I taking tank and I'm sorry, if I must the name, his name. I just did but the article it took about his book has come in and we're on his realization that why productivity is 1% effort and 99% Baby Maitland your biology and I really enjoy it because it's true. You know, it is the system's. That's what he's the productivity. But the rest is how you consistently work into learn the new tricks that your body learns. So you do what you need to do. And I remember when I begin waking up at four in the morning, you're not the beginning, was okay, I'm not going to renegotiate the wakeup time in the morning and then after that, then I need now to renegotiate what I'm going to do in the morning because otherwise I wake up and read that it was very pleasurable, okay. Nobody was interrupted me, but not very productive to read at four in the morning. So

👤 49:53

it is very interesting when he called you know, the cerebral sabotage and that's a little bit of what I What I see and he talks about understanding your emotions, you know, what you have is lack of confidence is more than frustration. So it's a very nice

A Augusto Pinaud 50:10

read, and a reminder of what our body is designed to do, you know, the end of the day and what we're trying to do, and to remember, what are your peak hours, and the more you know about those things, the more your productivity can be elevate. So

Raymond Sidney-Smith 50:32

yeah, so I'm gonna butcher his name, also, but a Tekken. Tank, he is the CEO of JotForm, which is the form tool. And so he's writing he wrote this book, automate your busy work, do less, achieve more and save your brain for the big stuff. And so that's coming out on May 16. And so I'm, I'm really excited and interested to read the book, of course, because I am now working on a course called automating your productivity. And so this fits well, within the the Ooba of things that I would want to read. And I fundamentally agree with him that, you know, if you do not understand your biological fitnesses First, and really overcome those pieces in the best possible

way for you, right, it's not, it's not gonna be the same for everybody, then the rest of your productivity is going to suffer in some way, shape, or form. So I really appreciate that. All right, moving right along in the agenda,

A Augusto Pinaud 51:26

and the right along now we have the tools of the week. And, you know,

Raymond Sidney-Smith 51:32

right, so I'm gonna, I'm gonna avoid bringing these things up on screen, just because I have not played with this tool in a long time. And I don't want to mess anything up. So. So you want to go for it to do so. And then I'll do

A Augusto Pinaud 51:46

the first tool I'm going to bring, you know, it connects with the science of productivity. And it's something that I'm testing right now, I, I've been testing with a device from Abbott called the free lifestyle laboratory. And basically, it's a continuous glucose monitor and you put in your arm, it doesn't hurt very discreet, but it measure your glucose 24 714 days, or every sensor last 14 days. And it's been very interesting to learn, what are their body reaction to certain things, okay, and what we thought that they were and what they show physically. So part of the I have shared here in the show, I was 400 pounds, I'm now 182. And I'm trying to get to the last part of this and reach my goal. And I decided that part of that was to now I need to relearn what is hurting the body and what, how can I make it even better? And it's been a very interesting experience to eat something and discover, oh, this doesn't hurt. Okay, there's the glucose levels, at least. And or then you eat something else that you think, Oh, this is going to be great. I'm sorry, numbers went up. But learning how that learning how thirst plays a factor? How is stress play a factor? How getting mad, play a factor into those things that for me, were absolutely unknown issues. Yeah, did I thought that was if I get mad, that will affect my glucose? Yeah, I have read that. Do I know how many points? No, Blink is very, very different. When you see yourself, you know, in the green, okay, well for your glucose, and suddenly you have an incident, you get mad, and you see that thing going up. So it is very, very interesting to see. So that's what I wanted to bring as a tool of the week because you don't need to, to have necessarily that diabetes to learn that I don't want to have it forever. But it's been a great thing to be able to learn what are the effects? You know, what are the effects, hey, when my blood pressure goes up, what happened was the glucose, because glucose is one of those things. One is a silent killer. But second, is one of those things that we have a lot of information, but not a lot of data. And I understand I don't want to pinch myself in my fingers every three seconds. That's not going to happen. This doesn't hurt. But he's given me a universe of knowledge that at the end of the day, will impact directly my productivity.

Raymond Sidney-Smith 54:51

Fantastic. I'm very interested to hear more about it as you progress using the glucose monitor. And so my tool this week is actually one that you probably know about which is clickup. But they have recently clicked up to version three, and you can join the waitlist to be able to do so

they have recently clicked up to version three, and you can join the waitlist to be able to do so. But it for those of you who don't know what clickup is clickup is a management tool, a task management project management tool, and they do a lot of the same things that many other tools do. But they have some pretty interesting, you know, kind of differentiators, one that I think is just amazing. And I've been using the, the tool, Command E for this purpose for quite a while now, command D was purchased by Dropbox. And so they're part of the dropbox companies. You know, they're one of Dropbox companies now. And so what, what it does is it allows you to connect all of your various applications and your local drive to be able to search across all of them in one place. So you can connect Google Drive, Salesforce, you know, OneDrive, Dropbox, you name it. And now you can search across those in one in one interface, which of course, is very helpful, because you might have documents in many of those places, including your local systems, I'm not quite sure if it if it indexes, Outlook locally, which I think is an outstanding issue for a number of different applications. But you can also then bring all of your inbound tasks into one environment in one space, which is kind of nice. So all of your work notifications kind of come in to this one space as well. They've updated the entire, you know, design, just to make it cleaner, less cluttered, that kind of thing. And I think that that's always a positive as well, I'm, I'm gonna put a link to v3 up here. And there's a keynote that they gave at a recent event for you to be able to watch. And so if you are interested in v3, you can join the waitlist on the v3 page and watch the keynote to see what's kind of different about it, and see if clickup is something that you might want to try out. So that is my tool this week. Which brings us along to now our featured story of the week, a Gousto. What is our featured story this week,

A   Augusto Pinaud   57:03

or feature story this week. It's all about artificial intelligence. So fortune 500 firm is better workers with chat GPT like tools, and they were happier. Actually, before we go to the start of the week, I was impressed when my daughter came from school saying, Oh, the teachers are teaching us how to write the stuff and use the stuff the principal was involved with charge up to and I was like, how would you guys learn how to do it before you use artificial intelligence? And suddenly, I felt that I was 5000 years old.

Raymond Sidney-Smith   57:46

It was a Yeah, that was definitely a a yeah, there's a phrase for that. Yeah, no, I think I think this is this is really remarkable. The the fortune 500 company was not named. And so they were basically set into place to allow entry level. You know, folks, these were customer support agents, who then were empowered with something like Chad GPT. But it was trained on the existing experienced customer support agents data. And what they found that those newbies were almost 14% more productive than those who didn't have it. Right. So the ones who had access to it were basically being trained by the AI in that way. So you know, there's there's some interesting pieces here in this particular study, that were there were some minor issues with how you know, those to do to deal with it. At the same time, I feel like hold on a second here. I feel like my my system doesn't like me at the moment. On minute here. thing just automated in my system and reopened shouldn't have right? This is the one of the travails of automating your technology, sometimes it gets in the way when it shouldn't. And so the the context, though, of this particular story, for me really brings up the whole whole kind of gamut of things related to artificial intelligence, and that's why I think it's really good, good story for us to have this discussion about Gousto which is that whether we like it or not, AI is going to continue to become better and better. And it is not going to necessarily be good for everyone,

and just like any numbers of types of automation, right, so like, think about the factory, right allowed us to produce cars and mass, it and many other products in mass. But it also removed lots of artisanal, you know, workers, right people who were really craft workers, today, we have a resurgence of craft workers. And that's great as well. So, you know, we now have the displacement of, you know, a bunch of horses lost their jobs when cars were made. I'm pretty sure horses are happy about that. And we should also be thinking about how we kind of think through how AI is going to change the nature of our work, right now, it's a an interesting tool, it's novel, it can be utilized in a lot of interesting ways that can make us more productive. I'm glad to dialogue with folks about that. But at the same time, it's not coming for your job yet. And I think at the present moment, they can actually probably make us happier. And, and, and work better in that sense. And so there have been a number of different stories I've seen recently that said that people who have been utilizing AI are not only more productive and brought up to speed, but it also is helping them, you know, kind of manage the onslaught of content that they have to produce on a regular basis. And I do like that concept of being able to say, you know, what, give me some blog ideas, give me some, you know, generate some tweets based on this particular blog post that I wrote. And it being able to do those things for folks, I think is probably a good thing, you know, a lot of this stuff is, is not necessarily rocket science. It's just mindless, not mindless work, but but work that requires our, our, you know, executive function to be able to produce, and we would want to be able to save that for more important generative work. So I like this concept of Gupta, what are your thoughts in terms of, of where AI AI is going right now? And in the next few years?

A Augusto Pinaud 1:02:14

No, no, I think as it continue evolving, it is a reality. And there is a lot of fear around in that it is really unnecessary. And the sense that, yes, it's a change. But it's a change as it was 25 years ago, the ability of do a video conference, I remember the first time I came, I was born and raised outside of the state. So I came to this may world and we went to future land and future land. This may was talking about exactly this, okay, let's talk and the video cameras. And I remember clearly, my grandmother who was with us saying, I will die before somebody sent me the camera. And I remember as she got older, trying to make the phone calls to talk to her on the camera, and she really disliked it, he was something that we stopped doing it because she could not handle it. She she really disliked them. And I see it with my parents a generation later, they are not really comfortable. But also I see it with my kids, how my kid play has uploaded every week with his friends over zoom, and they are so comfortable. This is going to be a similar progression. There is some people right now that are going to be incredible uncomfortability about this. And the change that this is going to bring are going to hurt some people hurt in the sense that if you don't evolve, you don't learn faster. Yes, you will be heard. And but eventually, over time, it will be very good to solve some of the things and allow us to do more productive things. The question will be, where are you going to use this technology as it evolve? Or are you going to wait for the technology to cover you before you go and play with it?

Raymond Sidney-Smith 1:04:18

I think you I think you bring up a really great point here now is the time to determine whether or not AI is going to impact your job. And that could be making you happier by doing some of the work, especially if you don't have you know, if your employer is not necessarily the most

tech savvy person, you can use something like chat GPT to accelerate the amount of work that you get done and therefore reduce your workload, which will hopefully make you you know, less stressed and more productive. And you can utilize that energy for more work or to take some time off right to have some free time. So I think there's nothing wrong with that. But on the other side, if you don't, you know, if you're if you're An employer is very hell bent on reducing workforce and utilizing the technology to be able to do that, then you should be mindful of the fact that maybe you need to do some workforce redevelopment, right? What's the professional development you can do? Is there potentially another career that you can go into now, that's going to be a little bit safer? From you know, AI's impact, you know, things like being a lawyer, or those kinds of things are going to start to be impacted by the fact that AI can help represent you in traffic court and in traffic cases? Because it can do it better than, than the human right? You know, this is just a reality factor, right? If AI can write legal documents as good or better than legal counsel, what does that really mean for you? Right? These are things that we need to start thinking through in our own professions. And that doesn't necessarily mean that your job is going to go away, it may just mean that, you know, you will have to be much larger. Yeah, well, you'll have a much larger caseload, right? Your your employer might say, hey, now that you have this technology, you're now empowered to do way more, because all you need to do is write a few prompts here and there to do this, and that. So there's going to be some education for folks about how to effectively prompt right, so they can get more work done, and facilitating that in their in their work, or educating their boss that, hey, even if I use this technology, that's not necessarily gonna save me that much time. Right? It may actually be more time for me to do do this kind of work. And that needs to happen to me, in my own world. People used to say, Oh, well, he'll, I'm going to give you this document, and you're going to review. And all I need you to do is review the document based on what you did. And I'm like, okay, but by the time I did that, I could just literally recreate the document using my own, you know, knowledge. And so what do you really want me to do you want me to review your document, then ultimately tell you that it's garbage, and I need to then rewrite it from scratch, in my own using my own performance templates, and therefore, you're going to cost it's going to cost you more money, right. So you know, it's like balancing those pieces out. I think that we also need to remember that GPT is just one technology, it is just one, one brand of that technology is of those technologies. So we have narrow AI coming into this and narrow AI just means that it's doing a very specific task, right versus general AI, which is something that would be akin to like using the example of Jarvis from from Iron Man, right, Jarvis is general AI, because it is capable of doing many different things and conversing with you about those many different things. Most AI is going to be narrow AI, it's going to be able to help you in these background ways that are not really on the surface, right? They're just basically caked into tools. We've been seeing this for years inside of Google Drive. And inside the Google workspace ecosystem, we've been seeing this also in Microsoft's ecosystem. And we'll just see it more, you know, more and more come to the surface in some way, shape or forms. That's mostly marketing stuff. I think Microsoft's copilot is is phenomenal. And I think it's going to be a really important aspect to the world. I think that whatever Google does, and workspace in terms of surfacing, more and more artificial intelligence beyond just Google Sheets, you know, you have the insights search there, which is machine learning, which is just one form of AI as well. But the the idea there is that we're going to see more of this stuff just kind of melt into the background, we're not going to notice it as much. And then we're going to have some AI that's going to be front and center where it's we're using it like, you know, Google Bard, or Bing search, where we're having conversations with the AI engine. And we have to come to terms with how that's going to really impact our productivity. I I'm, of course going to embrace it, it's new technology, and we need to we need to embrace it. I am not of the, the I'm an optimist, I suppose I'm not in the sense that, you know, AI is going to become our overlords, and so on and so forth. But we do need to be careful about how this, how this moves along. And, you

know, Michelle's noting here, that's where it'll probably be most useful when it's baked into our regular work tools. Absolutely. Michelle, I think that that's one of the key places where it'll make us more productive by allowing us to basically have the, the work that I would normally do to get through a workflow facilitated by the artificial intelligence, it can, it can watch what I'm doing. Right. And that's, you know, as you noted, in a general pop perspective, general population perspective, you know, if it's watching what I'm doing, then it can help facilitate moving those things more quickly through a workflow. And that's like, that's the holy grail for me, right? It's just, I want to save the number of clicks I get from one particular thing to another, so that I can I can get that thing done. And if he can start to understand what I'm trying to get done, then it can do it for me, because I'm just clicking on a screen most of my day, right? I feel like you know, kind of a monkey in a space spaceship you know, I'm just Like I'm pressing buttons, of course, I know what I'm pressing. But once the machine knows what I'm pressing, why can't it do it also? And it's going to get to the outcomes that I want. Any final thoughts?

A Augusto Pinaud 1:10:11

Yes, we? Well, not about this. But we have one announcement. Today, Apple lounge, what they call rapid security responses for iOS, iPad OS and Mac OS. And basically what they're doing is implementing security updates that need to be done faster than waiting for the next big update. So what they are doing is, they are for the latest version. So storage on 16 point 4.1, they will push the security updates much faster than the next release. And they will keep devices secure. And it's a good thing. So the first one was released today is 16. Point 4.1. A. So if you are if you are have a Mac is 13 point 3.1. A. So if you have an iOS device on the last operating system, check an upgrade. So you have the latest security.

Raymond Sidney-Smith 1:11:15

Fantastic. All right. With that, we are coming to a close of Anything But Idle couple points for everyone to know. First and foremost, if there's something that we missed, you can always let us know, by heading over to anything but idle.com, if you go to the episode page, we do have a comment section. So you can go ahead and note those things there. And we also have a community page. And so if you go to anything, but idle.com forward slash community, I'm placing that on the screen there for you. But anything but idle.com forward slash community, you will be taken to our community page. And it'll explain to you, our community. And that's where you can also share news stories, converse with a Gousto. And I let us know what you're listening to what's your what's your reading in the news. And certainly if there's something important that we may have missed, I love hearing about those items. If you are following us on social media, feel free to let us know there as well. We do have some social profiles, but really come into the community. And that's going to be an easier way for us to all interface with each other. as well. Feel free to follow us in your favorite podcast app, whether that be Apple podcasts, or Google podcasts or whatever other overcast, you name it, there's so many out there, Pocket Casts, just go ahead and do that. But share it with a friend let somebody know that we're doing this work out there. And that really helps us to grow the show. And so thank you for helping us grow the Anything But Idle audience. And with that, thank you to Augusto Pinaud for putting the show together and being here with me. This first week of hopefully

regular every week. Again, now that we're not being regular every week. Yes, but thank you for listening to Anything But Idle, the productivity and technology news podcast. Until next time, here's to productive life.