The Year 2016

Lillian Karabaic's annual report

The rise of the dumpster fire

Off the rails: new career maps

Plummeting burrito imports

Not overrated: sleep
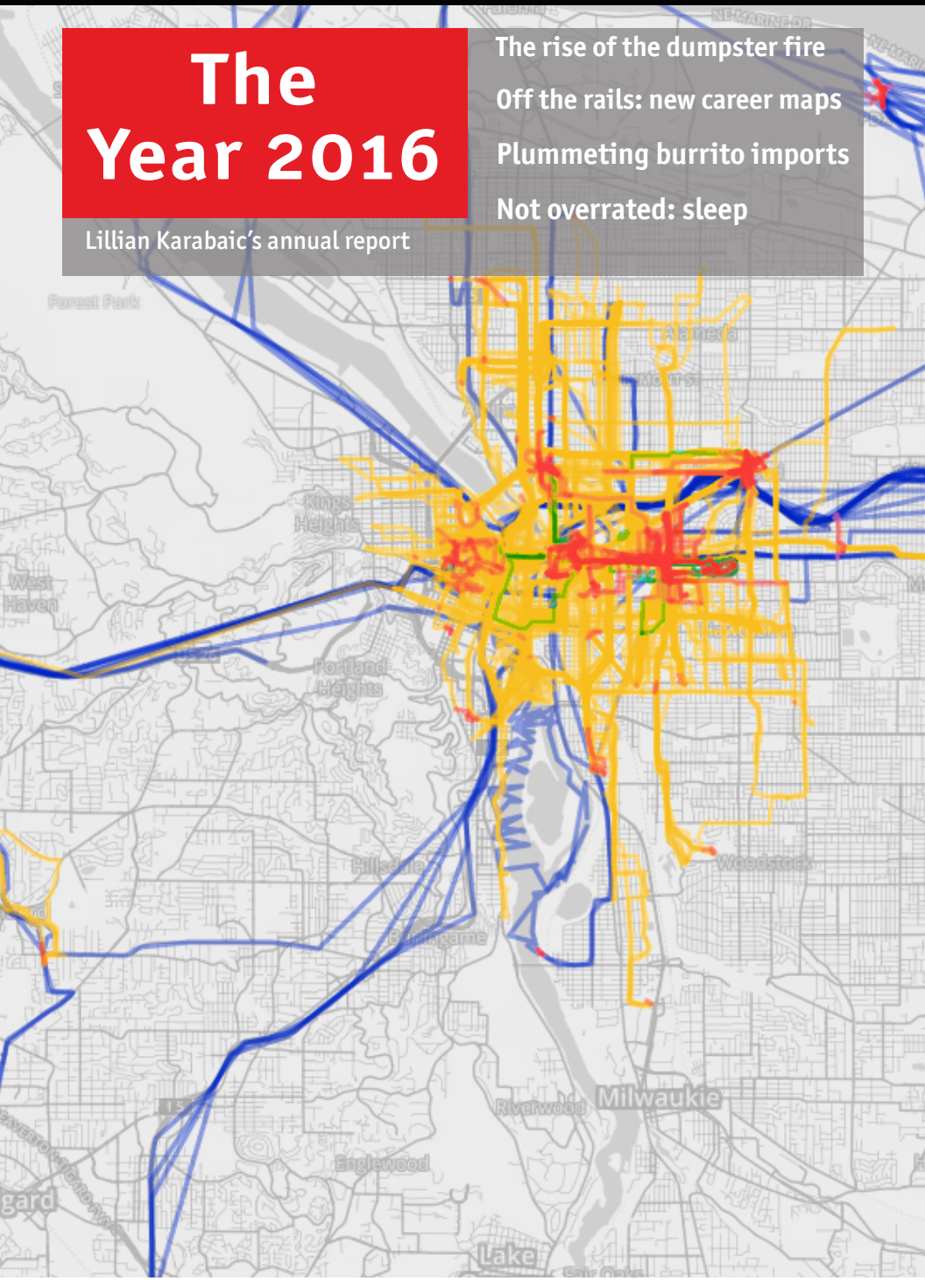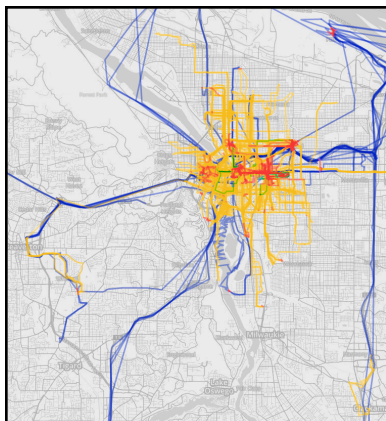
Editor's Note

This is not the year I expected.

I've always been a risk-adverse individual. To many folks that know me, that seems an absurd statement: I've traveled to 22 countries and 47 states, oftentimes alone by bicycle or train in places where I don't share the language or culture.

And for my formative years, I spent the pre-dawn hours launching myself in the air at high speeds over a sheet of frozen water, with only my thigh muscles and a thin steel blade to catch me.

I've lived on tree platform 40' in the air, in a national forest in India where the monkeys would throw coconuts at us, and in a geodesic dome I constructed out of a political yard signs.

To the passer-by, I would not appear to be a risk-adverse individual.

But that's all surface level.

What you don't see from the outside is the lists it takes to make these decisions, the budgets that get worked and reworked.

Where there are selfies of me dressed in a Bowie costume in an airport, there are also packing lists and maps and carefully calculated out savings account balances.

All possible scenerios are are entered in a spreadsheet & evaluated for months or years.

Walk n Bike Challengeboro · **Bike Commute Challengeboro** · **Pedestrianwich** · **Podcast TC**

AmeriCorps Transit Center

Organic Farmer St

Dorothy Day Finishing School of Social Work

Zine Depot

Strippersville

Raiders of the Lost Archives

GroceryLand · **Vegetarian Kitchen Island** · **Slurpee Graveyard** · **Centre de Patinage Artistique** · **Punk Rock Merch Ave** · **Zine Educatown** · **Librarian Town Centre**

At the beginning of 2016, I finally felt like I was on "track".

If my life was a transit map, I had spent years running between stations, hopping on each line to ride them for a little bit. I'd held simultaneous jobs, but none of them would really be called a "career".

My risk-adversity manifested in diversification, **not direction**, of career paths. My jobs were like the streetcar: fun, cute, helpful for development, but rather a short ride that barely pays for itself.
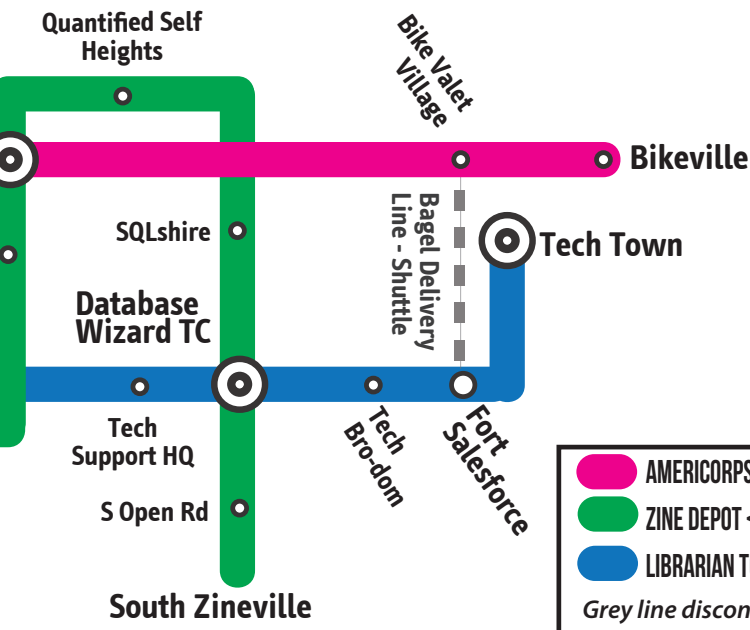
Very few of my jobs have existed in the *Bureau of Labor Statistics* database, with my barely-plausible job titles. Vegan Pastry Goddess, Pedestrian Advocate, Bagel Bike Delivery Girl, Zine Librarian, Database Wizard. Every year I just pick something random to fill in on the "occupation" line on my taxes.

But finally, in the beginning of 2016, **I was on a track**. I had stopped jumping between streetcar lines and had boarded a heavy rail line. I was going somewhere, finally.

This transit line could go for awhile; it was sustainable. It paid real money - not in zines, or bike parts or leftover bagels and folded garlic-scented dollar bills.

This wasn't the fastest or

Quantified Self Heights

Bike Valet Village

Bikeville

SQLshire

Tech Town

Database Wizard TC

Bagel Delivery Line - Shuttle

Tech Support HQ

Tech Bro-dom

Fort Salesforce

S Open Rd

South Zineville

fanciest subway line, but it had a 401K, vacation days, and health insurance. I had a job title that existed in drop-down menus. I even had business cards that didn't make folks giggle as soon as they saw my title.

And most of all, there was only one job. Not 5. Not 3. Not even 2.

And for awhile it felt great. I started saving more and more money. I delighting in pushing my spending lower and my 401K contribution rate higher. My net worth septupled.

I went to professional development conferences, I raised money. I wrote grants.

I had meetings. My coworkers were fanastic. I helped adorable children get their first bicycle.

But what would be in my obituary? Lillian Karabaic, *She Raised Money*?

There was no policy wonking. There was no *poetry* to fundraising.

So maybe I saw too many episodes of Scandal or West Wing. And I started to think, could I do that?

So I jumped.

Twice. First into a job in politics. And then, just a short time later, into starting my own business.

An Average Day
from January 1 – May 30

7:48 hours of sleep

1.1 drinks of alcohol

3.4/6 mood

2.4 drinks of caffeine **(1.2 coffee)**

39 mins at the gym

3.69 Swarm check-ins

2.6 tacos consumed

7.1 miles biked
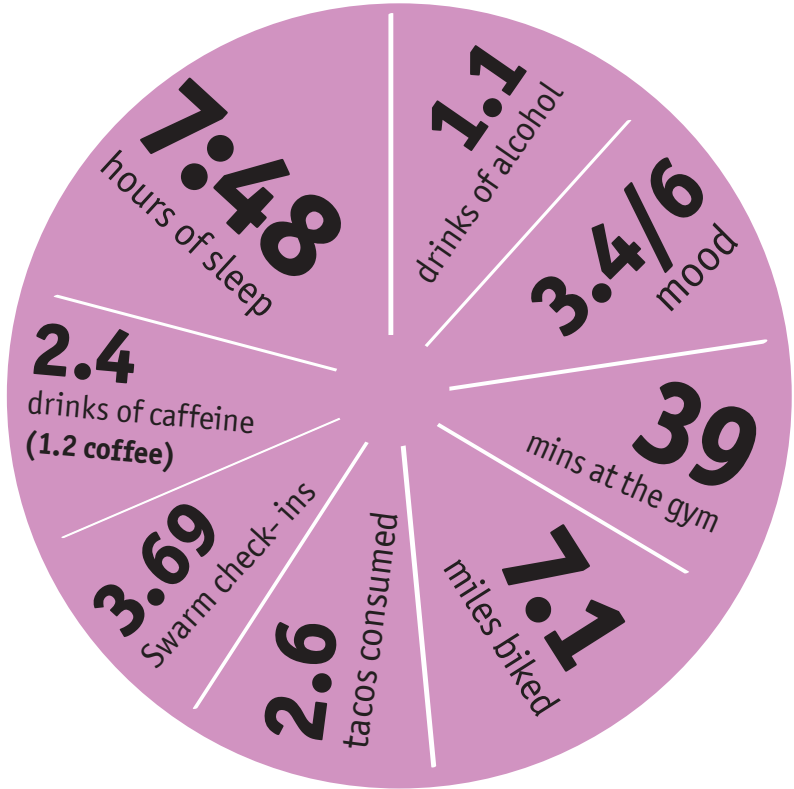
totals

18	days traveling
21,340	flight miles
4	burritos
71	days of rain

Travel in the year 2016

Miles Flown: 21,340
Destinations: Providence, RI; New York City, NY; Aurora, NY; Baltimore, MD.

Miles by Amtrak: 594
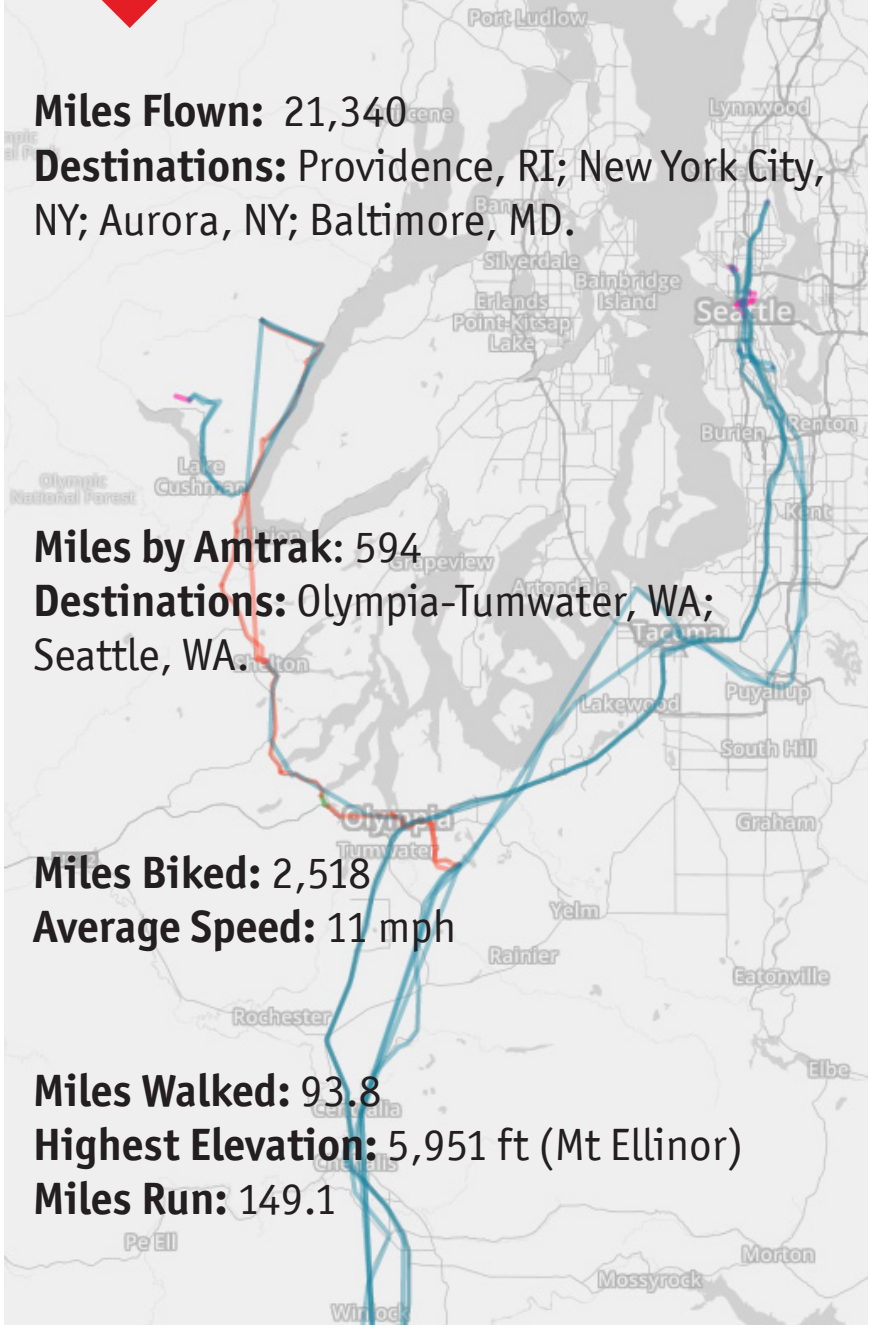**Destinations:** Olympia-Tumwater, WA; Seattle, WA.

Miles Biked: 2,518
Average Speed: 11 mph

Miles Walked: 93.8
Highest Elevation: 5,951 ft (Mt Ellinor)
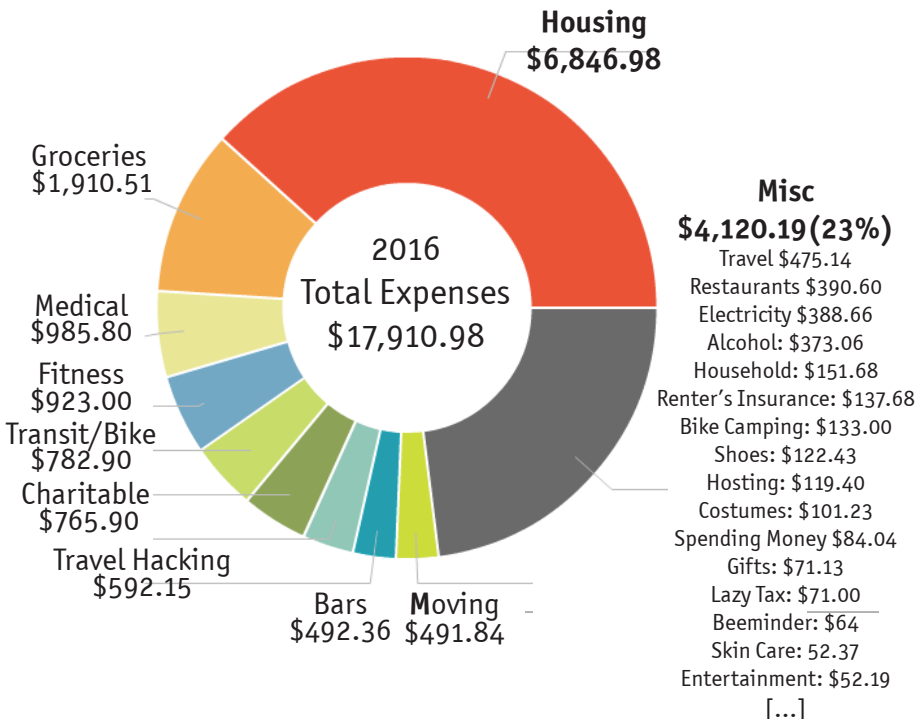**Miles Run:** 149.1
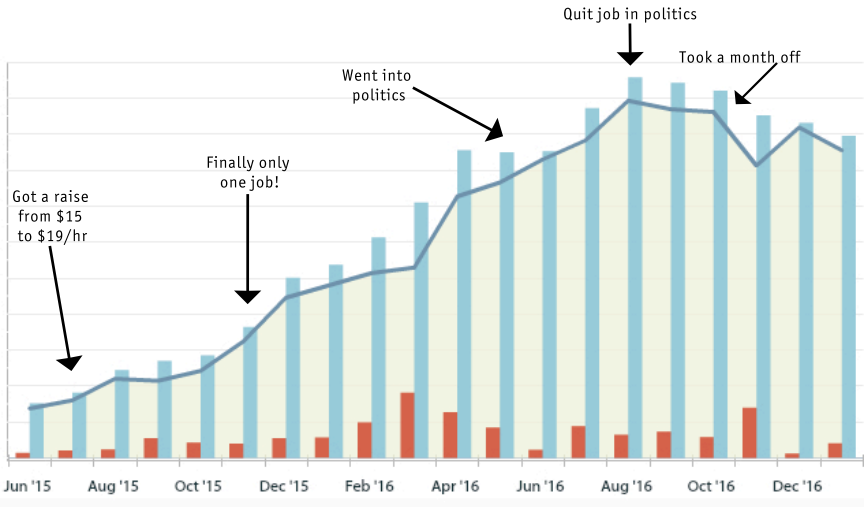
Savings rates hit all time high.

With a year of unexpected twist and turns for the Republic of Lilymonster, savings were at an all-time high, at 59%. While some experts hoped for greater spending to stimulate the burrito and whiskey economy, uncertainty among Lilymonsters after a tulmulteous election season has led to squirreling away income for a rainy day.

Predictions

In 2017, expect a rise in entrepenuerial ventures to be tied to greater consumer spending on health care and travel. Our outlook is optimistic for a doubling of net worth.

While 2016 burrito imports were at an all-time low, 2017 looks rosier with consumers noticing a direct correlation between mood & burrito consumption.

Housing
$6,846.98

Groceries
$1,910.51

Medical
$985.80

Fitness
$923.00

Transit/Bike
$782.90

Charitable
$765.90

Travel Hacking
$592.15

Bars
$492.36

Moving
$491.84

2016
Total Expenses
$17,910.98

Misc
$4,120.19(23%)
Travel $475.14
Restaurants $390.60
Electricity $388.66
Alcohol: $373.06
Household: $151.68
Renter's Insurance: $137.68
Bike Camping: $133.00
Shoes: $122.43
Hosting: $119.40
Costumes: $101.23
Spending Money $84.04
Gifts: $71.13
Lazy Tax: $71.00
Beeminder: $64
Skin Care: 52.37
Entertainment: $52.19
[...]

Chart annotations:
- Quit job in politics
- Took a month off
- Went into politics
- Finally only one job!
- Got a raise from $15 to $19/hr

X-axis: Jun '15, Aug '15, Oct '15, Dec '15, Feb '16, Apr '16, Jun '16, Aug '16, Oct '16, Dec '16

Trade in the Republic of Lilymonster

Top Exports
Nonprofit Grants
Personal Finance Education
Budget Spreadsheets
Political Websites

Top Imports
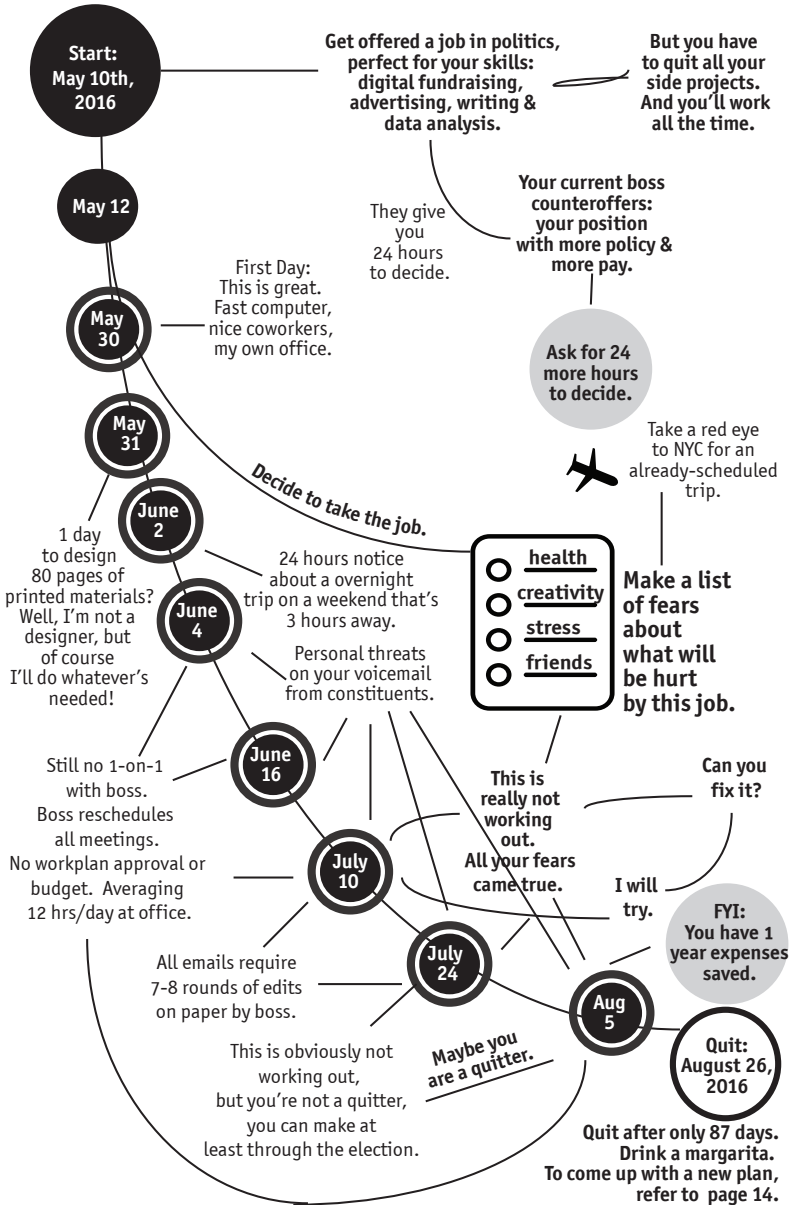Real Estate Rental
Medical
Habenero Hot Sauce
Fitness Group Classes
Raw Costume Materials

Trading Partners (Import %)

AnchorNW Property Management (37% of GDP)
Whole Foods (9% of GDP)
Delta (9% of GDP)
Classpass (5% of GDP)
Community Cycling Center (4% of GDP)
Providence Health Care (3% of GDP)
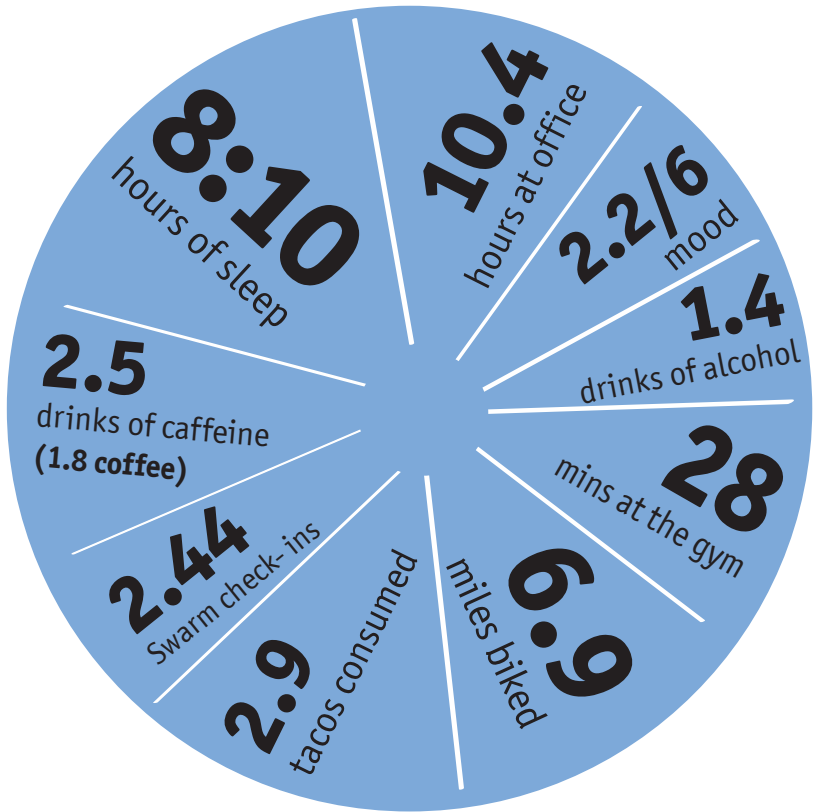United Airlines (2% of GDP)
Amgen Human Therapeutics (2% of GDP)

How to be a quitter, in just 90 days.

**Start:
May 10th,
2016**

Get offered a job in politics,
perfect for your skills:
digital fundraising,
advertising, writing &
data analysis.

But you have
to quit all your
side projects.
And you'll work
all the time.

May 12

They give
you
24 hours
to decide.

Your current boss
counteroffers:
your position
with more policy &
more pay.

First Day:
This is great.
Fast computer,
nice coworkers,
my own office.

**May
30**

Ask for 24
more hours
to decide.

**May
31**

Take a red eye
to NYC for an
already-scheduled
trip.

Decide to take the job.

**June
2**

24 hours notice
about a overnight
trip on a weekend that's
3 hours away.

○ **health**
○ **creativity**
○ **stress**
○ **friends**

Make a list
of fears
about
what will
be hurt
by this job.

1 day
to design
80 pages of
printed materials?
Well, I'm not a
designer, but
of course
I'll do whatever's
needed!

**June
4**

Personal threats
on your voicemail
from constituents.

Still no 1-on-1
with boss.
Boss reschedules
all meetings.
No workplan approval or
budget. Averaging
12 hrs/day at office.

**June
16**

This is
really not
working
out.
All your fears
came true.

Can you
fix it?

**July
10**

I will
try.

**FYI:
You have 1
year expenses
saved.**

All emails require
7-8 rounds of edits
on paper by boss.

**July
24**

*Maybe you
are a quitter.*

**Aug
5**

**Quit:
August 26,
2016**

This is obviously not
working out,
but you're not a quitter,
you can make at
least through the election.

Quit after only 87 days.
Drink a margarita.
To come up with a new plan,
refer to page 14.

An Average Day
from May 31 – August 26

8:10 hours of sleep

10.4 hours at office

2.2/6 mood

2.5 drinks of caffeine (1.8 coffee)

1.4 drinks of alcohol

28 mins at the gym

2.44 Swarm check-ins

2.9 tacos consumed

6.9 miles biked

totals
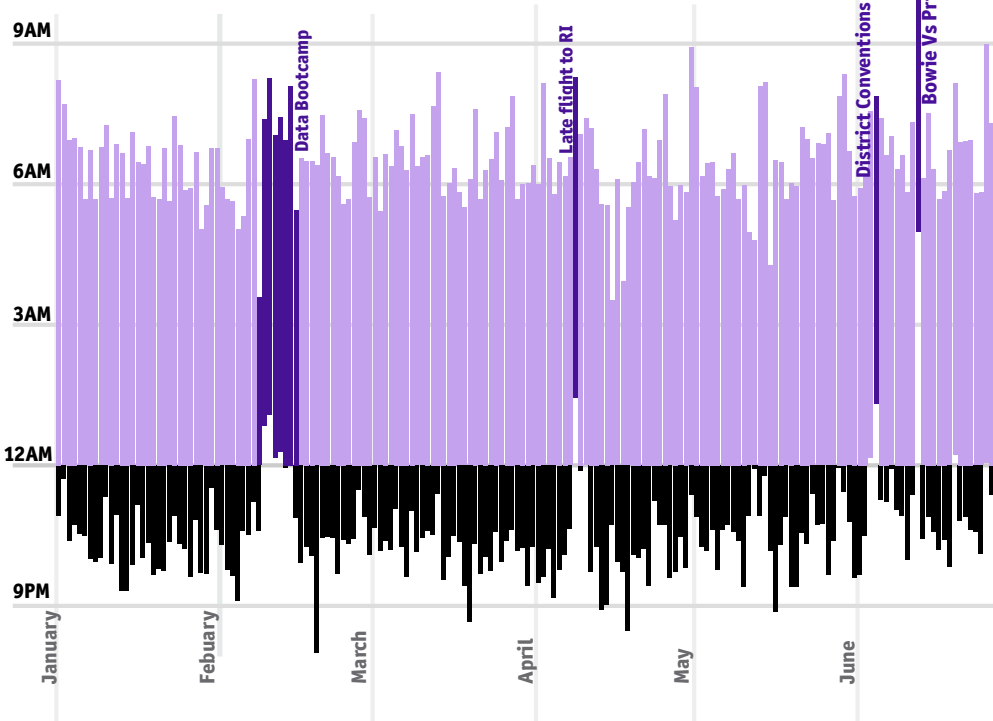
9	days traveling
0	flight miles
2	burritos
18	days of rain
1	final Bowie Vs Prince

A year in sleep.

Recent discoveries show that sleep, in fact, is pretty awesome. In 2016, total sleep per night averaged 8 hours, 4 minutes.

The lowest nightly sleep average since data are available (beginning in 2007), was in 2013 (when finishing a thesis, working 5 jobs, and working a 6AM shift) at just 6 hours, 22 minutes.

With a year of solid sleep data available, researchers have found it pretty intolerable to get less than 7 hours of sleep and be a functioning human.

According to our analysis, there is a stastically significant relationship between an extra hour of sleep and an overall better mood (measured on a six point scale) between 3 and 7 hours. After 7 hours, the correlation between more sleep and better mood drop off.

XOXO festival
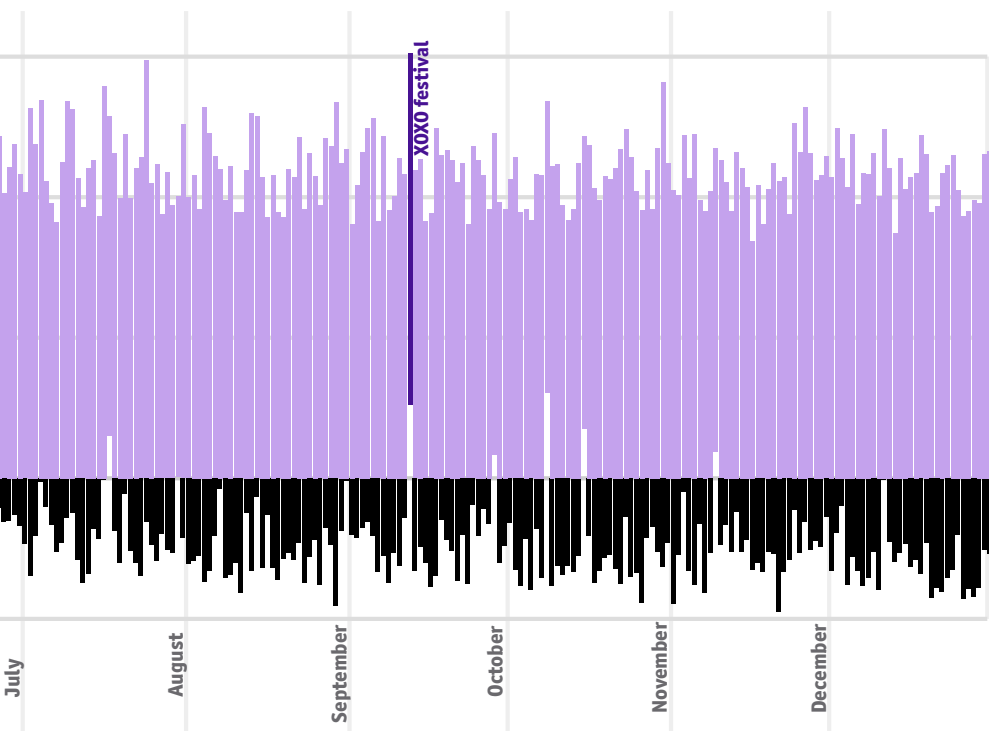
Surprising to our researchers, caffeine consumption & hours of sleep do not have a stastically significant relationship in this sample- neither as predictive variable or dependent variable.

Addition possible courses of N=1 study include the relationship of different fitness activities on quality of sleep, and between consumption of an immunosuppressant (Enbrel/ entercept) and quality of sleep.

2016 Sleep

Average Sleep: 8h4m
Mean wakeup: 6:33AM
Mode wakeup: 5:40AM

Mean bedtime: 9:20PM
Mode bedtime: 10:02PM

Latest Bedtime: 4:59AM
June 12 (Bowie Vs Prince)

Earliest Wakeup: 3:31AM
April 15 (Flight PVD > PDX)

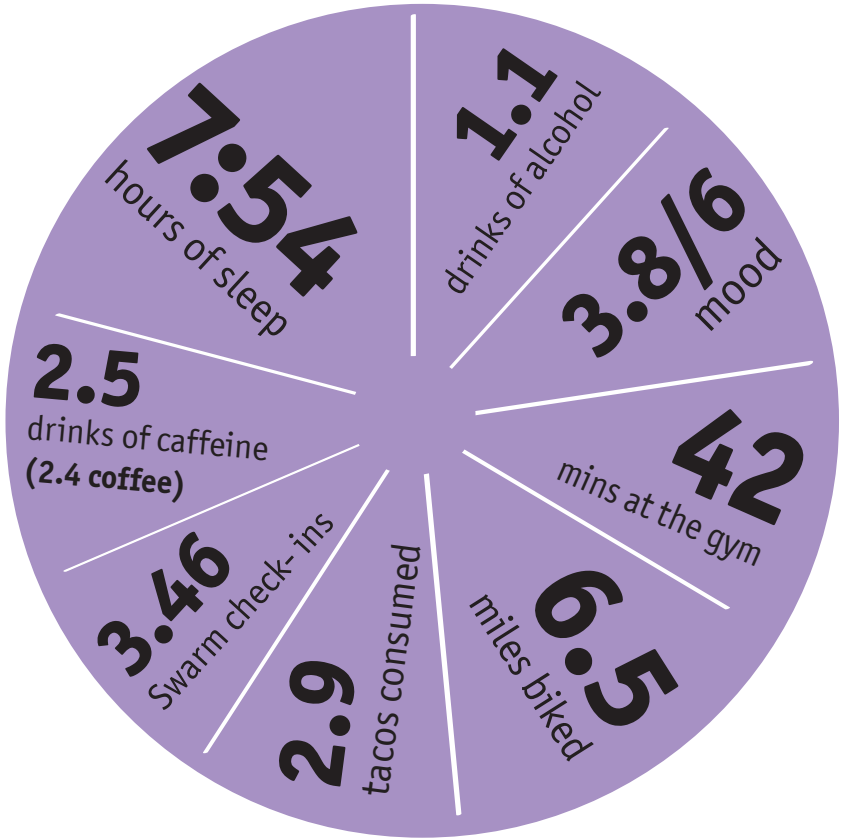## ~~Reasons to find another job~~
Excuses not to start a business

1. You have been low-income for most of your life. Why go back to that? You only have a year of expenses in the bank.
2. All the jobs in the world you'll qualify for will dry up tomorrow and you will never get another job again.
3. You are nothing without a regular paycheck.
4. Who the heck do you think you are?
5. Your medication costs $3,000 a month. What if Trump gets rid of the ACA and you lose insurance?
6. No one wants to listen to you talk about personal finance.
7. You have to sell yourself.

Reasons to not go back to a "real job"

1. Because you'll always wonder if you don't

I did it!
Ohmydollar.com

An Average Day
from August 27 - December 31

7:54 hours of sleep

1.1 drinks of alcohol

3.8/6 mood

2.5 drinks of caffeine (2.4 **coffee**)

42 mins at the gym

3.46 Swarm check-ins

2.9 tacos consumed

6.5 miles biked

totals

4	days traveling
0	flight miles
2	burritos
64	days of rain

This report was inspired by the design of *The Economist* magazine and was produced in Adobe InDesign. The fonts are the Officina Sans & Officina TT suites. The transit map font is InfoText BB.

Plane icon by Yeoul Kim & list icon by Artworkbean from Noun Project, used under creative commons license.

The report comes from data collected between 1/1/2016 and 12/31/2016.

Movement & GPS data were collected using Foursquare's swarm app and Moves on an iPhone 4S & iPhone SE. Geodata was visualized using Moves-o-Scope, TileMill, and MMapper.

Data on sleep, caffeine, alcohol, mood, weather, burritos, and miles biked were collected "manually" in the Lumen Trails Daily Tracker app and were visualized using R and Adobe Illustator.

All data analysis was conducted using SQL, Numbers, and R. Financial data was collected, analyzed, and visualized by YNAB 4 with some help from Adobe Illustrator.

The average day wheels were inspired by Nicholas Feltron's annual report.

Aaron Parecki contributed invaluably to the visualization of the sleep data using PHP (and some lovely hand data cleaning.)

This report, which is the 9th annual report by Lillian Karabaic, involved 31.6 hours of design, 5.4 hours of writing, and 6.2 hours of data work.

Special thanks to Aaron Parecki & Dora for data & cuddle support (respectively) and Cameron Booth for his transit map design tutorial.

AnomaLily.net