

DIGITAL 24/7



The alarm clock – actually, the smartphone – goes off. Thanks to apps, alarm clocks have become purely decorative. A quick look at WhatsApp before getting up for breakfast.



06:00 a.m.



Browsing the papers and accidentally dunking them in my coffee is a thing of the past. These days, I swipe. A quick look at the e-paper then check my e-mails – there's a lot to do today!



07:00 a.m.



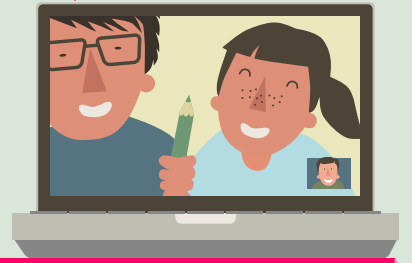
The morning traffic jam gives me time to make the first calls of the day – my working day is taking shape. Check the sat-nav: no chance of getting there faster!



08:00 a.m.



Monday's agenda includes a weekly update with colleagues in Madrid – over Skype of course. Their chic summer outfits show that working in southern climes has its advantages.



09:00 a.m.



Afternoon slump. A funny cat video on YouTube always picks me up.



02:00 p.m.



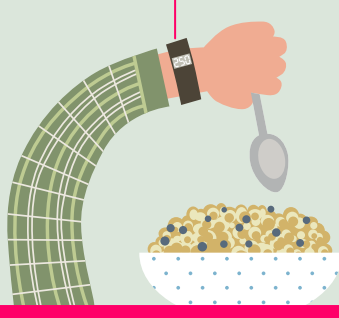
Refreshed myself, I head off to look for fresh talent: a social media expert. A quick check on Xing and LinkedIn before the applicant comes by. Looks good!



01:00 p.m.



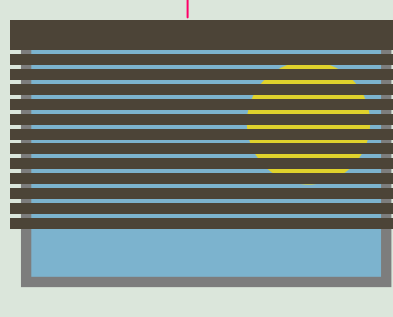
A quick look at my Fitbit before lunch to see how many calories I've burned. Looks like it will be the vegetarian option with no dessert today. And burger is on the menu tomorrow. All paid using the MyWallet mobile app.



Midday



Too bright, too warm, too cold – the „programmed office“ allows blinds, heating and air con to be adjusted easily via a smartphone app.



11:00 a.m.



A Dropbox file replaces whole shelves of folders, and a WeTransfer link means no need for a bike courier.



10:00 a.m.



My positive impression is confirmed. The applicant knows her stuff. Facebook, Pinterest, Twitter, Snapchat, Instagram, Tumblr, Periscope, etc., etc., etc. Note to self: get my social media skills up to speed.



03:00 p.m.



Jule sends me a WhatsApp message to remind me to take her to soccer practice after work. It's better than relying on Post-Its. One blew away once. It ended in tears.



04:00 p.m.



Jule jumps in the car in her soccer kit and connects Spotify to the radio. The next half-hour belongs to Taylor Swift.



05:00 p.m.



At home, I change out of my work clothes into sportswear, slip on my running shoes, launch Runtastic and off I go.



06:00 p.m.



After one episode I decide it's bedtime. The e-reader means I no longer have piles of books on my nightstand. Practical!



10:00 p.m.



TV is bad tonight. So it's great that Netflix has so many series to choose from. Maybe I'll watch an episode or two of Homeland.



09:00 p.m.



Jule wants to eat on the couch but I stay firm and we eat at the table. We need to maintain some manners. I can catch the news round-up later via the media library.



08:00 p.m.



The good Fitbit resolutions from lunchtime fly out the window. We're having pizza! Ordered online, no onions, extra cheese.



07:00 p.m.



One last look at WhatsApp. 5 unread messages. Nothing that can't wait until tomorrow. Lights off! Fitbit keeps going.



11:00 p.m.

Midnight

01:00 a.m.

02:00 a.m.

03:00 a.m.

04:00 a.m.

05:00 a.m.



Bis der Wecker klingelt. Es ist Dienstag.

