

Motivate yourself to FAIRize your data and code (also in demanding everyday life!)



Hack the black box which is your brain and your behaviour! Science tells us:

- We are, among others, **motivated by being meaningful** and be able to show our creativity
- We are quite **sensitive to sincere compliments, peer pressure, and urgency**
- Habits, the quick reward system and the long term planning are **different parts of the brain, often conflicting**
- Our brain wants to **save energy**; focus and willpower deplete during the working day

>> What works for you? <<

Save mental energy & get things done

- **Split up big actions** into smaller, concrete ones → ~~I will create a complete and perfect README~~ → Today, I start a README and fill in the title
- Let the computer/system/context **work for you** → Automate backups with Syncback; ask a colleague to review your code; use Yoda
- Use FAIR as **work avoidance** activity → Instead of starting a new, difficult and complicated paper, I don't check out the news but clean up my code 😊
- **Updating something feels like less work** than starting something new → Use templates and examples for README files
- **Reserve "energy time"** for difficult tasks which save time on the long run → Start the Monday morning with setting up a git.wur.nl project for existing code
- **Create habits** rather than stand alone actions:
 - Consolidate small concrete steps
 - Create If-> then rule → **If** I use an external dataset, **then** I directly check its license and add it in the README

Examples of effort vs....



....delayed gratification

Create a logical directory structure, file naming conventions etc, and stick to it	Saving time and stress when looking for older files and projects; easier cooperation
Create and update README's asap.	Easily recall project information; much less work when sharing data and/or code
Set up a backup structure and use it often / automate it	Much less stress in case of 🤖
Review/update a project Data Management Plan once a year	Less work at the end of the project, because needed changes are already implemented
Set up a git.wur.nl repository for code, and commit often with meaningful explanation	Save time when looking for bugs and restoring previous versions; much easier to start collaboration
Prepare a FAIR dataset or codeset	Save time when for example review is finished and files are needed again
Publish a FAIR dataset or codeset	Gratitude and citations from fellow-scientists; good feeling about oneself

↑ Add your own efforts vs gratifications!