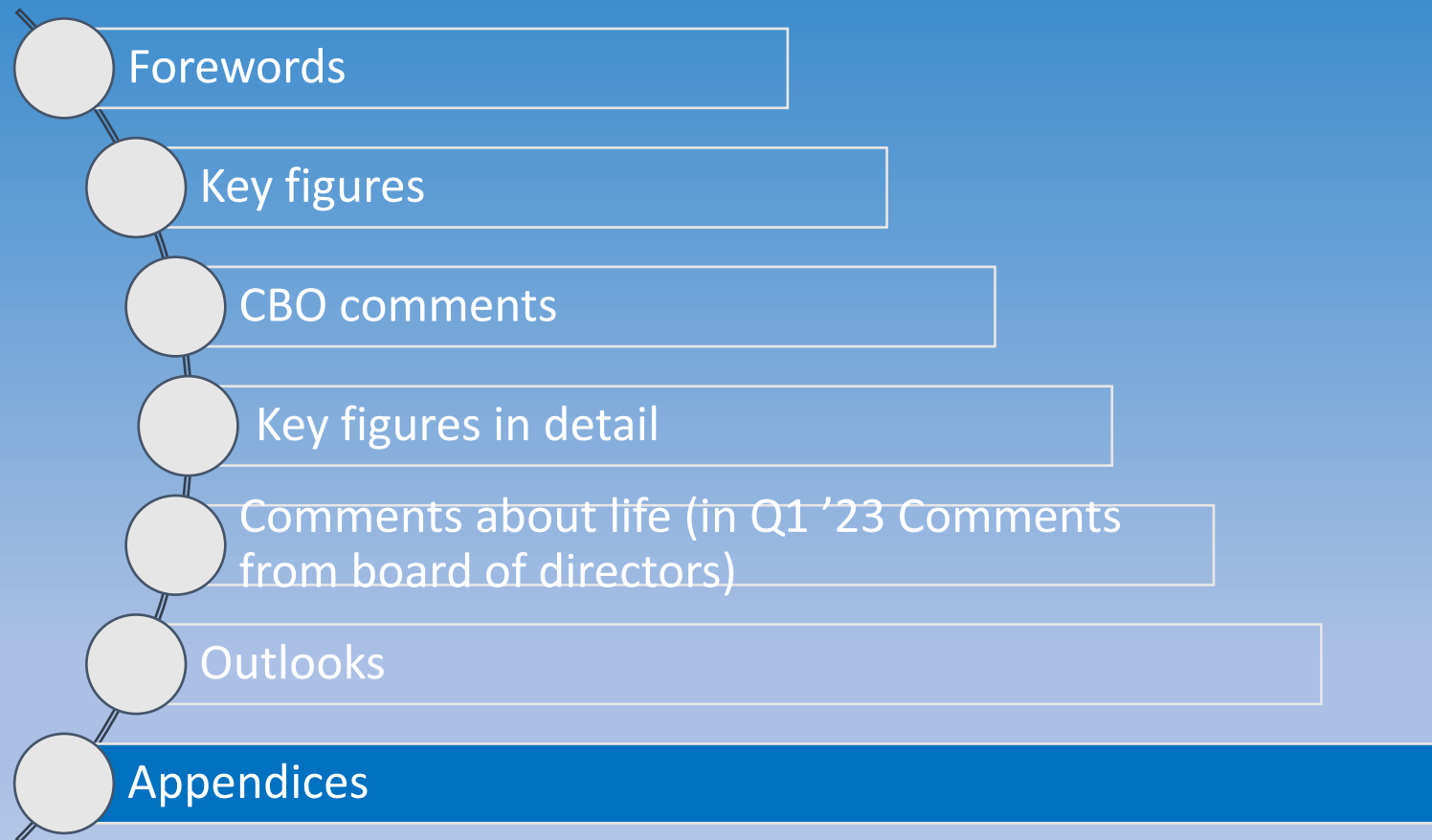




Veeti's Q2 '23 report

Agenda



Foreskins

Is it possible to be taken seriously after writing something stupid, or is the book already defined by its title? That's probably what I'm trying to find out. I feel that nowadays too much focus is laid on words used, rather than focusing on the context or intentions behind the message. Of course, words that are selected to be used should matter, but they shouldn't define everything. I feel that words are just easy part to grasp when people are in rush or don't understand the point of view. Also, words are easy way to provoke when seeking for attention. The reason for this misspelling was that it made me smile, but made me really think can I write it or not. I did.

Before publishing the Q1 report I didn't know if anyone really would have time to read and how weird it would make me look, but I was actually surprised that some actually really read it through. It made me happy and I really want to thank those who had the time to read and also gave feedback! You are the real G's <3! But those whom I know that read it and gave feedback are mostly people that I'm in contact nowadays and I'm still thinking how weird these are for those whom I haven't been in contact in past years :D Nevertheless, I will keep posting these reports at least for next two years since I have paid for the domain and for server hosting for that period. After that I need to think if it's still fun and worth of paying for the website.

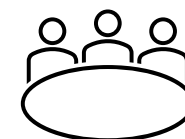
I have long thought that welfare states make weak peoples, and who the fuck is gonna carry the boat and the logs?? Okay enough David Goggins for now :D But when in Italy and being on Alan Palmiter's Sustainable Corporations seminar course, he had written in the presentation that welfare states provide opportunities to take risks, and that made me really think that goddamn that's really true and why my interpretation have been so different. Maybe it's that the most tough people usually come from bad livings and therefore it makes people coming from easy settings look weak. Anyways, that sentence made me think my own actions and made me realize that I have great opportunity to try different things out and take little bit more risk, even though I'm quite risk-averse person.

What comes to figures, this is the first quarter when those actually have some value, since I can compare previous and recent figures. Nevertheless, the really interesting figures will be comparison between year-to-year figures in 2024. The figures used in this report and previous report will be same with one exemption which is the "*feel good -index*" that I didn't have in Q1 report, but which probably is one of the most important metric for a human to follow performance, if happiness/feeling good is considered as a goal. However, I have noticed some problems related to that figure, for example, I think I value long term happiness more and optimizing short term happiness actually affects negatively the long term goal. I think I'm happy when I get to grind and suffer a bit, but if I'm grinding the daily scores probably aren't that high. Even though, it will be interesting to follow how that figure will behave in long term and I'm trying not to focus too much on daily scores but trying to focus more on weekly averages and quarterly score.

Legal disclaimer: This report is only intended to share my feelings, opinions etc. However it will not include any political issues, since I want to maintain political neutrality. And the report is done mainly as entertainment purposes. Nothing in this document is not ment to be anyway legally binding. If there is used "the company" or other similar expressions referring to business activities, it is only ment as a joke, since there is no business activities going on by the author.

Key figures

Figure	Q2 '23	Q1 '23	Change -%	FY '23	Unit
Total calories	293 797	284 662	3,21 %	578 459	kcal
Daily ave calories	3264	3 198	2,06 %	6 462	kcal
Total training sessions	53	42	26,19 %	95	sessions
Weekly ave training sessions	4	3	33,33 %	7	sessions
Weight change	1,6	5,9	-72,88 %	7,5	kg
Enegy consumed	331	310	6,77 %	641	kWh
Days sick	0	17	-100,00 %	17	days
Total mobile screen time	353,6	#N/A	#N/A	#N/A	h
Daily ave mobile screen time	3,93	3,32	18,34 %	3,7	h
Energy drinks consumed	24	13	84,62 %	37,0	pcs
Alcohol dosages	7	15	-53,33 %	22,0	pcs
Snus used	8	13	-38,46 %	21,0	cans
Books read	1	1	0,00 %	2,0	books
Converstaions with strangers	13	8	62,50 %	21,0	times
Lies told	1	3	-66,67 %	4,0	times
Stock portfolio	-8,24 %	4,65 %	-2,77	-3,59 %	Percent/ percentage point
Feel good -index	6,45	#N/A	#N/A	#N/A	grade



CBO comments

The company's overall feeling about performance during the quarter was not good. Although, most figures progressed in the right direction, the overall feeling of the quarter was disappointing. This was probably due to the increased stress related to master's thesis project, having too high hopes for my tinder profile :D and dealing with the sad things from the past.

The fitness project goes really well, training sessions are fun, eventhough calories have been low for th past three weeks, have met two great friends (whom I think will be friends for the life) and other nice people from the gym and good progress is made. I'm super happy that I started this project and now 1/5 of the project's work is done.

We participated in Lean building –days during the quarter, which made it easy to have conversations with strangers. Yet, I feel that

networking events are quite dumb, since most of the participants are there just to hangout with their friends and not that many are actually trying to meet and get to know new people or learn. This is why I like to go alone to these kind of events so you have to socialise or otherwise you are feeling lonely.

The most disappointing progress in figures were mobile screen hours and snus used. For the future in the outlooks section will be added targets for the next period, which hopefully guides better the performance. I realized that it's actually not that usefull to track figures if you don't have targets to aim at.

We keep working hard to have better quarters in the future not just by the numbers but also on the feeling level.

–Chief Brain Officer–

Key figures in detail (some comments)

Most important figures for me are still the figures relating to fitness project, which are calories, training sessions and weight change. These figures in Q2 were great and hopefully the trend can be maintained. Last three weeks of the Q2 were cutting weeks and the cut continues still for three to five weeks in beginning of Q3, after which it will be again pedal to the metal in terms of making gains.

Weight change is again calculated by subtracting the first morning weight from the last morning weight during the quarter, but if in future the daily values are volatile compared to weekly averages, then weekly averages are used.

Energy consumed is calculated by subtracting the estimated energy stored (fat) from the total calories and the unit is changed to kWhs. It's guessed that from the weight increase (1,6 kg) around 1 kg would be fat (totaling to 9 000 kcal) and other weight would be muscle. It is assumed that the cut weeks have dropped the extra liquids and 1 kg of fat is burned. The consumed energy 331 kWhs would mean powering 700 kW microwave oven for 5,25 hours for each of the 90 days of the quarter.

The (mobile) screen time was something that I was hoping to be a lot lower, but after setting a target for next quarter hopefully sub 3 hours per day goal is achieved. The time spent on phone was mainly used in IG, netflix, youtube and in some games.

Energy drink consumption was quite high due to the summer time, since I like energy drinks more than sodas so they are refreshing drinks in hot summer days to drink. Alcohol dosages was quite low and there was only two occasions when I drank any alcohol. In next quarter is the traditional summer cottage trip, so alcohol dosage figure will be quite horrible in next report.

Strangers to have a conversation increased neatly due to the lean building days, but I also had some great conversations in other situations too. For example, during lunch at University I learned about fractals (mathematical geometrical shapes)

During the Q2 I was without snus for around two months, but when it came available to buy from local stores (first from R-kioski, where you can also get Bitch Breakfast) I collapsed. In Q3 I will use zero cans, but probably will use couple pouches here and

there.

I lied once and it was a case where a person started to repeat same stuff again and again (and I felt that it was stupid advise) so I lied that I will do what the person was suggesting to end the conversation, even though I had no plans to do it.

Zero days sick!!! Maybe it is the L-Glutamine or the placebo effect, but I'm happy about not having to have sick days in the past quarter and hope to stay hello (terve) in future too.

Stock portfolio did not do that well in this quarter since I got crushed by the market. Comparable index OMXHGI did -6,01 %, and my result was -8,24 %, while also probably doing one of the biggest mistakes in my investing career by selling Meta, should have probably hodled that forever when I got in with cheap price.

The feel good –index is good addition to the figures and it's easy to use and gives a subjective indicator about quality of life. Nevertheless, I want to stay realistic and use the scaling properly, which means that number 10 is like one of the best days ever, so for me I think number 7 average feel good would be great nowadays and that would mean that I'm quite happy with my life. The ultimate goal probably would be average feel good of 8, but we will see if I ever get that happy :D In Q2 I had two days with score 8.

While doing the research for the thesis it's hard to find motivation to read something on spare time, but I would like to read way more. Hopefully I can get on to a good reading rhythm after the thesis is done. At least I have a big list about interesting books to read.

Comments about life

The main problem during the quarter has been the master's thesis, which I'm afraid to not to achieve the level I have set or myself. I have had the feeling that what if I just don't have what it takes in me, what if the reseach is too vague and what do I even profit from the graduation. When I started the master's thesis I had quite good plan what the future would hold, but at the time I'm struggling to find the meaning of life after graduation. When starting University I had the vision of starting a family soon after graduation and that was the biggest motivation for grinding. At the time it feels that probably it's good if it even happens before I turn 30, since I have realized that it's quite hard to find a 'partner that you could see yourself sharing the future with. Currently I'm just bouncing ideas around about the plans that would motivate me. I have found some, but at the same time those feels somewhat fake.

I should pay attention to short term dopamine sources, since I feel that for example iG reels and other useless things are taking way too much time from my days. But at the same time, I know that

those are ways for me to get distracted from the thesis stress. However, I should find other means to handle the stress.

I think my social life is at the moment in better condition that it has been in past couple years, but yet I don't feel satisfied. Probably the reason for that is that I feel that it's the social ralationships that society expects you to have, but I feel that I work differently :D I'm really much missing really close relationships, since I value those kind of relationships the most, where you can be just yourself, don't need to fake anything and you have the feeling of real trust.

I feel also that I should figure out some interesting own projects to focus on and for example use the camera somehow since I bough it, or then sell it, if I don't have any use for it.

Having said all the previous, I'm extremely gratefull for everything that I currently have in my life, those are just some things I think I'm struggling with currently or want to have in the future.

Outlooks

The overall outlook looks stressful, since the Master's Thesis is lagging and at the time it feels that I don't have it under control and I don't know what will happen after graduation. I'm glad that I have the fitness project since it gives me a chance to null my mind several times in week and I have something that I'm passionate and something to work for.

On the social aspect the company has still to keep improving and pay more attention to value its friendships and also keep open mind. Nevethless, the past quarter was quite socially active and it didn't feel like it had too much affect on the happiness. The target is to finish the

thesis in July and graduation should happen during Q3 '23.

Investment in Oura ring or sport watch would be beneficial, especially it would be good to have when trying to cut weight so calorie consumption could be moree accurately evaluated and heart rate could be followed.

Target values for the Q3 '23 are presented in Appendix A. Thanks for reading and enjoy the rest of the summer! <3

Appendix A, Target values for Q3 '23

Figure	Q3 '23 targets	Unit
Total calories	291 000	kcal
Daily ave calories	3 200	kcal
Total training session	54	sessions
Weekly ave training sessions	4	sessions
Weight change	4	kg
Energy consumed	350	kWh
Days sick	0	days
Total mobile screen time	275	h
Daily ave mobile screen time	3	h
Energy drinks consumed	10	pcs
Alcohol dosages	30	pcs
Snus used	0	cans
Books read	2	books
Converstaions with strangers	10	times
Lies told	0	times
Stock portfolio	5	Percent
Feel good -index	7	grade

Appendix B, Arts/entertainment etc.

Here is collected some art works and entertainment that I have appreciated during the quarter

Music:

[Barbara Pravi - Lève-toi ft. Emel Mathlouthi \(Chanson\)](#)

- Shoutout eurovision song contest

[KABÁT - Malá dáma \(Czech rock\)](#)

-- I don't know how their album ended up on my spotify's front page, but I'm happy that it did

[Chebaleba – Liitelen ft. Ändi \(finnish hiphop\)](#)

- Life ain't always fair, but luckily there is smooth songs available

[Kiraw – Fuck Off. \(Phonk\)](#)

- PWO song

Podcast:

Lex Fridman Podcast

Episode of the quarter: [Paul Rosolie](#)

- Wow, such interesting stories

Series:

Star Trek (Netflix)

- "Yes, I'm a logical man" Mr. Spock

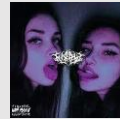
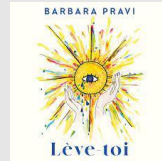
Games

Worlds of Wonders (Android)

- It gets bit boring quite fast, but will play it through

Wheelie bike (Android)

- Back to the yläaste



Movies

American Psycho (Amazon Prime Video)

- After this found Bateman's walkman from spotify

Good night Oppy (Amazon Prime video)

- It always surprises what humans are able to create together

Pekka (Amazon Prime Video)

- Just can't comprehend why

The big short (Amazon Prime Video)

- Has to be one of my all time favorite movies

Some James Bond movies randomly from TV

- I'm an ornithologist

Youtube:

[The Tren Twins](#)

- The meatheadiest content after Rich Piana

[Joy Joy](#)

- She is the one who carries the boat

[Sam Sulek](#)

- It's not that fucking hard

