Veeti's Q3 '23 report

Agenda

- Forewords
- Key figures + vs. target values
- CBO comments
- Key figures in detail
- Comments about life + my "great" tinder idea
- Outlooks
- Appendices

Forewords

I should be happy but why I am not?

I think the biggest reason for that is the mindset that I think I should be, have, and do more, which leads to not appreciating what I already am, have, and do. This has always been a dilemma for me since when I am not feeling satisfied it leads to more development and therefore there is no reason to be satisfied aka happy, and I want to develop myself. My mindset has also been that I try to set ambitious goals for missions that I care and by doing so I have thought that I will get further than by setting moderate goals. Maybe I am just not meant to be happy and I should leave the pursue of happiness for others.

However, this has backfired in recent years as I have not really celebrated anything and nothing feels like a success. For example, for University studies I set a goal to really invest first time in my life in studying, which meant for me that I should achieve a grade 5 weighted Grade Point Average, and even though I achieved great GPA's for Bachelor's & Master's, which I wouldn't have achieved without setting this ambitious goals, I didn't feel that I succeeded, and I feel somewhat like a failure. I acknowledge that this is stupid, why would I feel like a failure when I did better than I even expected... I believe that my self-worth started to build upon to grades. Additionally, I thought that the good GPA would have been a good thing for applying jobs, however in job interviews the interviewees have said that they really don't care about my grades, this made me question that did I invest all that time and effort for my studies for nothing and now on some level I'm blaming the Finnish system for my unhappiness, as in many countries if you perform well in studies you can get an automatic job place.

Currently, my main challenge Is that I don't know what I want to be and therefore I don't know what to even develop. I think that most I would like to found great girlfriend and start a family at some time. However, at the moment it feels impossible to find someone to trust, be _really_ genuine myself and talk about everything. The reasons why this feels impossible are that I don't know how and where to find this kind of woman, and the fact that I live in the belief that I already found _the woman_, which I would have liked to start a family with.

I have also though a lot about social medias, especially Instagram recently. For most people that post frequently on IG I feel that it's more of a place for them to post about their social status and that they don't need to behave socially in IG, but people need to appreciate and follow their fancy life. I have tried to really pay more attention on my own IG behavior and that if I see something interesting I try to interact with the person that posts it. Particularly I have recognized a stupid social norm in IG, that if a person posts something on their feed I quite automatically like the post even though it wouldn't even be that interesting, but if the person posts something on their story, I don't automatically like it, even if it would be more interesting than the feed post. This doesn't make any sense.

Additionally, I think that social media personal accounts becoming marketing channels for promoting some external products that they wouldn't even use without the sponsor deal feels stupid. (Yet I acknowledge that for some people it is their main income and their way to feed their family so maybe it's ok then). But Mr. iteeweeti, you are promoting your youtube videos and quarter reports in your IG??? Well, that is something that I have thought about that am I the one who lost his integrity and am being just a two-faced, but I have thought that they are my artworks that I put out and that it's the easiest way to tell about them for people interested.

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 in entertainment purposes. Nothing in this document is not meant to be anyway legally binding. If there is used notions like "the company" or other similar expressions referring to business activities, it is only meant as joke, since there is no business activities going on by the author (at least yet).

Key figures

Figure	Q3 '23	Q2 '23	Change -%	FY '23	Unit
Total calories	255 654	293 797	-12,98 %	834 112,8	kcal
Daily ave calories	2 841	3 264	-12,97 %	3 112,0	kcal
Total training sessions	40	53	-24,53 %	135,0	sessions
Weekly ave training sessions	3	4	-25,00 %	3,0	sessions
Weight change	-2,6	2	-262,50 %	4,9	kg
Enegy consumed	318	331	-3,91 %	959,0	kWh
Days sick	8	0	#N/A	25,0	days
Total mobile screen time	370,5	354	4,78 %	#N/A	h
Daily ave mobile screen time	4,12	4	4,78 %	#N/A	h
Energy drinks consumed	7	24	-70,83 %	44,0	pcs
Alcohol dosages	24	7	242,86 %	46,0	pcs
Snus used	6	8	-25,00 %	27,0	cans
Books read	0	1	-100,00 %	2,0	books
Converstaions with strangers	4	13	-69,23 %	25,0	times
Lies told	5	1	400,00 %	9,0	times
Stock portfolio	-3,39 %	-8,24 %	#N/A	-8,56 %	Percent/ percentage point
Feel good -index	6,95	6,45	7,75 %	#N/A	grade

Key figures vs. target values

Figure	Q3 actual values	Q3 '23 targets	Difference	Unit
Total calories	255 654	291 000	-12 %	kcal
Daily ave calories	2841	3 200	-11 %	kcal
Total training session	40	54	-26 %	sessions
Weekly ave training sessions	3	4	-25 %	sessions
Weight change	-2,6	4	-165 %	kg
Energy consumed	318,0	350	-9 %	kWh
Days sick	8	0	-8	days
Total mobile screen time	370,5	275	35 %	h
Daily ave mobile screen time	4,12	3	37 %	h
Energy drinks consumed	7	10	-30 %	pcs
Alcohol dosages	24	30	-20 %	pcs
Snus used	6	0	#DIV/0!	cans
Books read	0	2	-100 %	books
Conversations with strangers	4	10	-60 %	times
Lies told	5	0	#DIV/0!	times
Stock portfolio	-3,4 %	5 %	-168 %	Percent
Feel good -index	6,95	7	-1 %	grade

CBO comments

The company's overall feeling about performance during the quarter was not good as finishing Master's thesis and graduation didn't provide any "I made it" feelings as the company had to start stressing about getting a job and not to be unemployed. This is also one major reason for the figures to be worse than the targets.

I was expecting that after company would finish the big project (University studies) the company would have some time to chill and go for a beach holiday, well the time reserved for the holiday was used to find work, which is still not found. Also I thought that the company would be more competitive in the job market.

The fitness project goes okayish, the mid cut was finished during the quarter and new lean bulk started with a new training program, which has worked well.

However, the social aspect of training sessions has decreased as I have had to train in a new gym, which I will leave during the beginning of next quarter so I haven't had the interest to be super social and make new gym buddies for only two months, as getting to know new people is quite wearing for me.

The most disappointing progress in figures were again mobile screen hours and snus used. For the future I need to set more achievable targets for the company, as if the target is more achievable, it also motivates more. If I get a job soon, I think it will be easier for me to manage the mobile screen hours.

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 the fitness project, which are calories, training sessions and weight change. These figures in Q3 were okayish but hopefully a better trend can be achieved in the future. Couple sick days at the end of quarter and stress about finishing the thesis and finding a job affected little bit the project and this is why the great progress couldn't be achieved.

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 or summing the estimated energy stored (fat) from the total calories and the unit is changed to kWhs. It's guessed that from the weight decrease (-2.6 kg) around - 1,5 kg would be fat (totaling to 13 500 kcal), - 1.5 kg of fluids and then + 0.4 kg muscle. The consumed energy 318 kWhs would mean powering 700 kW microwave oven for 5,05 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 by setting the target in Q2 report. But hopefully sub 3 hours per day goal is achieved in next quarter when phone is used less. The time spent on phone was mainly used in IG, netflix, youtube, job and apartment search and in some games.

Energy drink consumption was good and alcohol usage was quite decent even though there was the traditional cottage trip. In next quarter alcohol usage should be zero and energy drink consumption should be similar to this quarter.

Strangers to have a conversations was quite low due to finishing and grinding the thesis and stress about finding a job, so not much social battery was left.

During the Q3 I was without snus for around a month, but then I started to let myself collapse and I am a bit disappointed to myself. The reason why I fell short was probably because I didn't really want to quit the habit and I don't feel addicted to nicotine nor I see why it would be that bad to use, (basic addict behaviour). The target for Q4 needs to be more achievable and hopefully Q1 '24 will be zero puck quarter.

I lied around 5 times, two times for my grandma, once for my brother and couple times in job interviews. I lied for my grandma when I told her that I have had problems getting sleep and she gave me some advices but those were so random that I never thought about really doing them even though I said to her that I will do them. For my brother I lied about snus use and in job interviews the lies were about what kind of interpretation I had about the company.

Eight days sick, the sickness started when I quit the L-Glutamine, so in the future let's not stop dosing the LG.

Stock portfolio did not do that well in this quarter since I got beaten by the market again. Comparable index OMXHGI did -3.12 %, and my result was -3,39 %, TBH I have not been too active in the stock market or even in following the investing playground as I don't have currently capital to do any moves in the market and don't want to sell anything that I own.

I still like the feel good –index, I expected the grade to be way lower as the latest weeks haven't been that good, but I had already forgot about the good weeks during the summer.

While I finished the research for the thesis and started to apply for jobs it was hard to find motivation to read something on spare time, but I would like to again read way more. Hopefully I can get on to a good reading rhythm after I have a job. At least I still have a big list about interesting books to read.

Comments about life

The main problem during the quarter has been the job search, which makes me anxious as I am afraid of becoming unemployed. When I finished 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, If I am not able to get even some job what was the point of grinding the studies?.

The vision was to move to either go to work in Canada (or somewhere abroad) or move to Ruoholahti and go to Mayor's gym to really live my bodybuilding dream. However, neither of these is happening and I feel that I have let myself down.

I'm really missing clear rhythm in days as writing the thesis was quite non-rhythmic and being unemployed there is really nothing where you need to be at certain time…

I think my social life is at the moment is not in best condition due to not having the rhythm in days. Speaking about social life I promised that I will publish my "great" idea for tinder profile that I had in spring. The idea is in next slide (It's in Finnish and I didn't have time to translate it). It really didn't work that well :D Maybe it was too weird, but at least I tried it. Probably I will delete tinder now.

I'm happy that I found use for the camera and did the keltsu training camp series in YT. I wish I will find use for the camera in the future too.

Having said and whined about all the previous, I'm extremely grateful for everything that I currently have in my life, these are just some things I think I'm struggling with currently or want to better in the future.

Great tinder profile idea

I feel bit embarrassed now, but I promised to publish this so have to be the man of my words.

I really thought that this CV was a good profile idea to find someone who is looking for long-term partner, but it didn't work ☹

This was one of the profile pictures, I had also other pictures and a bio, but this was the beef in the profile.

11.5.2023

Moikka!

Oon utelias, rohkee ja kiltti, ja uskon olevani oiva valinta sun tiimiin! Tykkään käydä salilla, kokkaa ja matkustella, ja ois kiva löytää joku jonka kanssa jakaa näitä ja muita mielenkiinnon kohteita. Mulle on kuitenkin tärkeintä se, että oot aito oma ittes!

Tulevaisuuden unelmina koen tällä hetkellä perheen, mielenkiintosen työn ja sen et oppis elää paremmin hetkessä. Toivoisin, että voisin tavotella näitä unelmia yhdessä sun kanssa!

Koulutus:

'23 Rakennustekniikan DI

2017 Ylioppilas

Sovellukset:

MS Word –Erinomainen

Tinder – Perusteet

Spotify – Premium

Kielitaito:

Suomi – Äidinkieli

Englanti – Sujuva

Italia – Alkeet

Suosittelijat:

Äiti sano et oon komee ja mummi kehuu herrasmieheks

Yhteystiedot:

✉ iteeweeti@gmail.com

Outlooks

The overall outlook looks stressful, since there is no certainty of landing a job, getting a girlfriend nor finding the rhythm in life, but we keep trying!

Target values for the Q4 '23 are presented in Appendix A. Thanks for reading and enjoy the rest of the Autumn! <3

Appendix A, Target values for Q4 '23

Figure	Q4 '23 targets	Unit
Total calories	291 000	kcal
Daily ave calories	3 300	kcal
Total training session	54	sessions
Weekly ave training sessions	4	sessions
Weight change	5	kg
Energy consumed	300	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	0	pcs
Snus used	2	cans
Books read	2	books
Conversations 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:

[Jami Faltin – Kertoimia vastaan](#) (Trapskelmä)

- It feels awesome to go against the odds and expectatitons

[Skáld - Rún](#) (Norse)

-- Thanks Veera for using this song in one of your IG stories

[Juan ft. Skandaali – Se Hetki](#) (Finnish hiphop)

- Skandaali with the barz

[Three days grace - Lifetime](#) (Rock)

- What if this is true 😕

Podcast:

Lex fridman Podcast

Episode of the quarter: [Jimmy Wales](#)

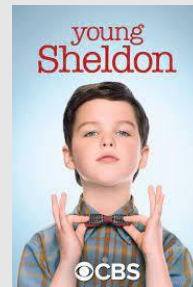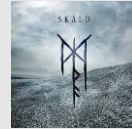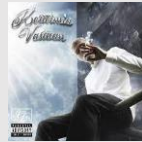*- Learned a lot about wikipedia*

Series:

Star Trek (Netflix)

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

Arrow (Netflix)

- 2nd time watching but still great

Young Sheldon (Netflix)

- I don't need computer, I am a calculator

Movies

Detective Montalbano (Netflix)

- Good old Montalbano and the fellows

Oppenheimer (Movie theater)

- Had too high expectations

Superbad (Netflix)

- Always funny

Youtube:

[Sam Sulek](#)

- Again, It's not that fucking hard