

# *Veeti's Q4 & FY '23 report*



# Agenda

- Forewords
- Key figures Q4 & FY '23
- Q4 actual vs. targeted values
- CBO comments Q4 '23
- CBO comments FY '23
- Outlooks
- Appendices

# Forewords

This report will include Q4 '23 and FY '23 key figures and comments. The plan is to make reporting a bit lighter to read in '24, but I'm still figuring out ways how to change the reporting in a way that the '23 and '24 reports would still be comparable and the upcoming reports would still work as some kind of quarterly diaries for myself. I would also like to make upcoming reports more visually pleasing. I deleted already some key figures from Q1 '24 target values, as for example, snus used is now worthless figure to have as I have quitted snusing.

During the Q4 '23 I lost my virginity in unemployment, for me it was hard thing to cope with. I really don't wish unemployment for anyone, who don't want it. However, I don't want to sacrifice too much space about unemployment in this report as I will publish a project related to that during Q1 '24.

On top of previously mentioned project, I have another new project planned to be released during 2024, probably will film a keltsu training camp '24 in summertime and it would be nice to figure out more usage for the camera, but I haven't gotten too good ideas. I have though about posting content to X, as IG is too image centered and X feels easier platform to be myself.

Before ending this section there is one thing I want to say about Christmas. I think that many people might get a picture that I have super nice and cozy Christmas time as I have produced already four Christmas calendars in IG, but that's quite far away from the truth. Past three Christmases I have hated Christmas. Literally hated, and Christmas Eve has been probably the worst day of the year. However, I have the hope that someday I have a holly jolly Christmas, and for me the xmas is all about hope, which has been one reason for doing the calendar.

But that's all for the forewords, happy readings!

**Legal disclaimer:** This report is only intended to share my feelings, opinions etc. However, it will not include any political issues, as I value political neutrality. 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 Q4 & FY '23

Figure	Q4 '23	Q3 '23	Change -%	FY '23	Unit
Total calories	278 800	293 797	-5,10 %	1 151 056,0	kcal
Daily ave calories	3 064	3 264	-6,14 %	3 153,6	kcal
Total training sessions	45	42	7,14 %	182	sessions
Weekly ave training sessions	3	3	0,00 %	3	sessions
Weight change	1	-2	-150,00 %	6,5	kg
Energy consumed	341	331	0,00 %	1 313,0	kWh
Days sick	6	4	50,00 %	27,0	days
Total mobile screen time	434,1	354	22,77 %	#N/A	h
Daily ave mobile screen time	4,77	3,93	21,41 %	#N/A	h
Energy drinks consumed	2	8	-75,00 %	47	pcs
Alcohol dosages	0	24	-100,00 %	46	pcs
Snus used	5	6	-16,67 %	32	cans
Books read	3	0	#DIV/0!	5	books
Conversations with strangers	4	3	33,33 %	28	times
Lies told	3	5	-40,00 %	12	times
Stock portfolio	5,06 %	-4,60 %	#N/A	-9,7 %	Percent
Feel good -index	6,7	6,45	3,88 %	#N/A	grade



# Key figures vs. target values Q4 '23

Figure	Q4 actual values	Q4 '23 targets	Difference	Unit
Total calories	278 800	291 000	-4,19 %	kcal
Daily ave calories	3 064	3 200	-4,26 %	kcal
Total training session	45	54	-16,67 %	sessions
Weekly ave training sessions	3	4	-25,00 %	sessions
Weight change	1	4	-75,00 %	kg
Energy consumed	341,0	350	-2,57 %	kWh
Days sick	6	0	#DIV/0!	days
Total mobile screen time	434,1	275	57,85 %	h
Daily ave mobile screen time	4,77	3	59,00 %	h
Energy drinks consumed	2	10	-80,00 %	pcs
Alcohol dosages	0	0	#DIV/0!	pcs
Snus used	5	2	150,00 %	cans
Books read	3	2	50,00 %	books
Converstaiions with strangers	4	10	-60,00 %	times
Lies told	3	0	#DIV/0!	times
Stock portfolio	5,06 %	5 %	1,20 %	Percent
Feel good -index	6,7	7,0	-4,29 %	grade



# CBO comments Q4 '23

The company's overall feeling about the quarter was worse than what the feel good –index indicates. Probably that is due to the quite rough end for the year. Even though the feel good –index surprised positively, mainly none of the key figures met the targeted values. It's sad, but it's ok, sometimes quarters don't go as planned. There was also positive surprises in figures, for example, books read finally surpassed the targeted value!

The most disappointing progress in figures were again mobile screen hours and snus used. Mobile screen hours were high due to the unemployment and production of Christmas calendar. Nicotine usage got out of the hand already at the beginning of the quarter. After I realized how stupid my excuses for the usage was, I quit totally. I don't want to be an addict. It's also funny how people are addicted, for example, to nicotine or caffeine and then critique people who use, for example, crocodile. Bro you are addicted to so much weaker stuff so shouldn't the crocodile du(n)dee be laughing at how weak your will power is.

The main problem during the quarter was the unemployment, it was hard to get the company operating and find some fake rhythms for the days. We realized that our selfworth is quite dependent on being usefull for the

society, which is probably a good thing. However, it was hard for the mental health, as we got rejected so many times.

During the quarter I moved to Vantaa, which doesn't yet feel at all like a home. But maybe after I get good rhythm for my weeks, it will start feel more like a home. I had big dreams for the quarter, for example, the plan was to go work abroad, but no hell in hell.

However I acknowledge that life isn't about what one could have, it's about what you have, and what you really want from life.

– Chief Brain Officer

# CBO comments FY '23

I had high hopes for the year 2023 and remember saying for my dad and brother in new year's eve '23 that this will be my year and I will grind harder than last time.

At some level I did that by finishing the master's thesis, training and eating hard and having the guts to try out new things, for example, publish videos on youtube.

But during the year I started to really question is it worth to grind hard if there is no reward or deep intrinsic motivation for that. I started to shift from the grind mode to the more "artistic" mode, which meant for me that I started to value more the actual process than the outcome. I think that in the future I should focus even more on doing things I really like and not to achieve some numeric etc. goals, which will be meaningless in the end (for example. grades in studies).

Emotionally I feel that I have had some kind of block during the whole year, for example, I haven't cried a single time. This feels bad. It feels that I have something inside my system, but just can't get it out.

The fitness project has been my saviour during the year in many ways, as having some long term goal in mind helps very much to control yourself and avoid short term temptations. Also I'm quite satisfied with the gains during the year. For sure,

one always wants more and I thought that muscle memory would have provided me with more rapid gains, but this phase is fine for me.

My plan was to film a series from the fitness project, but my brother didn't start to train with me, didn't have a good training partner at the beginning of the year and didn't have the guts/interest to film by myself the training sessions. After seeing how big of a thing Sam Sulek has become it has made me realize that you can never know what will happen, if you don't try it out. In the Sam Sulek case, the fame isn't the thing that interests, but the fact that the man is doing what he really likes, in his own terms. Currently I admire that very much.

I tried so hard and got so far, but in the end it doesn't even matter.

– Chief Brain Officer

P.S. Achieved certified incel status, as I had 0 times sex during the year



# Outlooks

The overall outlook looks this time positive. Getting a job made a huge difference on how I feel about life and myself. I will try to do my job as well as we can, and provide as much value as we can.

In 2024 I will train and eat harder than last year and keep the fitness project as the main quest in my story.

What comes for the social media, is that I want to keep on posting things that I like and be "myself in SoMe and not some fake version to achieve more followers or attention.

I hope that during the year I will connect in a deep level at least with one person and that I can cry at least once, so that I'm sobbing bad.

Target values for the Q1 '24, with updated figures are presented in Appendix A.

Thanks for reading and happy this year!



# Appendix A, Target values for Q1 '24

Figure	Q1 '24 targets	Unit
Total calories	300 000	kcal
Daily ave calories	3 400	kcal
Total training session	54	sessions
Weight change	4	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	10	pcs
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
  - [219osok – JUNNU](#)
  - [T Swoop – Mon Ami](#)
  - [Paul Carrack – Sunny](#)
- Podcasts
  - [Lex Fridman – Jeff Bezos](#)
- Movies
  - Love actually (Netflix)