



Veeti's Q1 '24 report

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Forewords

Even without major changes in life, human can experience wide range of emotions in a quarter.

Maybe that is also the point of life. The uncertainty and volatility. Who would like to live a life where one would have all the answers beforehand. Huge props for the developers of game of life for coming out with these rules and constraints.

Of course, the player (human) would hope for great success and rather easy game path. However, the player who always wins and plays in easy mode, won't ever feel the same level of gratitude of winning as the player who has been going through harder times and experienced great losses. Sometimes it's good to lose, even though it's not part of our nature to enjoy it. I would also like to add that I'm not playing in hard mode, and therefore won't ever feel the most extreme emotions.

During this year the darkness and sleet weather has felt mentally especially challenging. However, now that the weather is getting better in Finland the joy of spring felt super good. I have also realized that, for example, people living in California can't ever experience the same excitement of spring as, for example, Finns do.

Even though it feels that Finns are again finding the joy for life as the spring comes, I'm worried about Finland's economic situation. I hope that this is just a dark cloud that passes, but currently the outlooks just doesn't look too good. If I would be some big boss making the investment decision for location of a new factory, Finland wouldn't be my choice from Nordic countries. Norway, Sweden and Denmark would have the same perks, and less cons. However, there is a reason why I'm not a big boss and I hope that I have too narrow set of data and I'm just stressing too much.

During the past six months, I have been a bit numb in emotional level. Nothing has really felt that much and I haven't cried a single time. However, that changed during the quarter. I was sitting in an airplane and the plane's wings needed to be treated with deicing fluid. I thought that the fluid would be laid on by some automated process, like a car wash. However, the fluid was laid on the wings manually by a specialized trucks. While I was watching the process through the small airplane window I noticed that the young dude operating the truck was doing great job laying the fluid and not missing a spot. In that moment I noticed tears running down my cheeks. This surprised me completely.

I believe that the reason for the tears was the fact that as I saw the guy doing good job, with a "normal" job, I realized how much work actually means for us humans. Also in that moment I started to question is the automation, AI and endless boosting of efficiency of work really the proper way to go. What is the reason for humans to exist, if machines and AI does everything? What gets us up from the bed and keeps us living our life.

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).

***In business life the comparison is usually done between different fiscal years quarters, however I will only report the past and before that quarters, as in personal life there is not that much seasonality

Key figures Q1 '24

Figure	Q1 '24	Q4 '23	Change -%	FY '24	Unit
Total calories	304 018	278 800	9,05 %	304 018,3	kcal
Daily ave calories	3 341	3 064	9,05 %	3 340,9	kcal
Total training sessions	65	45	44,44 %	65,0	sessions
Weekly ave training sessions	5	3	66,67 %	5,0	sessions
Weight change	5,7	1	470,00 %	5,7	kg
Days sick	4	6	-33,33 %	4,0	days
Daily ave mobile screen time	3,30	5	-30,84 %	3,3	h
Energy drinks consumed	8	2	300,00 %	8,0	pcs
Alcohol dosages	0	0	#DIV/0!	0,0	pcs
Snus used	0	5	-100,00 %	0,0	cans
Books read	1	3	-66,67 %	1,0	books
Conversations with strangers	6	4	50,00 %	6,0	times
Lies told	2	3	-33,33 %	2,0	times
Stock portfolio	2,32 %	5,06 %	#N/A	0,0	Percent/ percentage point
Feel good -index	6,83	6,7	1,94 %	6,8	grade



Key figures vs. target values Q1 '24

Figure	Q1 actual values	Q4 '23 targets	Difference	Unit
Total calories	304 018	291 000	4,47 %	kcal
Daily ave calories	3 341	3 200	4,40 %	kcal
Total training session	65	54	20,37 %	sessions
Weekly ave training sessions	5	4	25,00 %	sessions
Weight change	5,7	4	42,50 %	kg
Days sick	4	0	#DIV/0!	days
Daily ave mobile screen time	3,30	3	9,97 %	h
Energy drinks consumed	8	10	-20,00 %	pcs
Alcohol dosages	0	0	#DIV/0!	pcs
Snus used	0	2	-100,00 %	cans
Books read	1	2	-50,00 %	books
Converstaiions with strangers	6	10	-40,00 %	times
Lies told	2	0	#DIV/0!	times
Stock portfolio	2,32 %	5 %	-53,60 %	Percent
Feel good -index	6,83	7,0	-2,43 %	grade



CBO comments Q1 '24

The quarter involved some great and not so great things.

Great things were that finally the company started a new job, took therapy, published its first book and met new nice people.

The therapy has given some new tools and point of views on the company's problems, and I'm proud of the company that it finally got into the therapy. I knew that the therapy won't fix the company's problems but it will be a good tool to have in our toolbox. Publishing the "Työtön työnhakija" was a great success, maybe not in the lights of the bumbers and fame, but the company's brother, mother and grandma appreciated it and that really meant a world to the company. I'm extremely grateful for the fact that I have had loving and supporting grandparents. I'm also proud of our team that we had the courage to publish the book.

Not so great things were increased stress, troubles sleeping, lower back problems, and feeling of loneliness.

The company would really need a training partner, which would be great addition for the fitness project, but also would help with the loneliness. That is the biggest thing that the company is missing from Tampere, a training community and shared laughter with gymbros. I have tried

to find someone who would be as passionate with training, but as the company is going to two different gyms and not doing weekly training split, it's extremely hard to find someone to train together, However, I will keep on trying to find some great resources for the company!

The company visited an osteopath during the quarter, and that helped a bit with the lower back problems, but didn't fix them. The company needs to take the lower back more into account and do some mobilizing movements for it.

I think that's all for now. Oh and the company is not missing snus at all, and it currently it just feels stupid that for example a year ago I was so addicted to it.

The easiest way to fail is by giving up.

– Chief Brain Officer

How to make it in SoMe

1. Make a plan and figure out goals for your content
2. Categorize yourself and your content
3. Produce light, easy to consume content, which has rewatch value/has value of just rolling in the background (or produce content from polarized topics, and have opinions that are in the end of the spectrum in these topics)
4. Post frequently
5. Try to get into the inner circles, from whom you can get good shoutouts or do collaborations
6. Sell something related to the category you are in
7. Get others talking about you, preferably something negative
8. As the numbers and success starts to come, flex with the fame harder than last time

Here would be my blueprint for "making it" in social media. I have had moments in which I have thought about trying to turn social media into something more serious shit, especially during the time when I was unemployed. I have noticed that this same pattern occurs in most of the "influencers" profiles and content. However this list would look way different if it would be a list for making it in life, and this has been one of the biggest reasons for not even trying to make SoMe professionally, I would like to be myself rather than a product.

Outlooks



The overall outlook for the company looks after a long time positive. I'm looking forward for nice summer, training is going well and I have good rhythm in weeks.

I just need to be more active and brave in finding a training partner and love.

Target values for the Q2 '24 are presented in Appendix A.

Thanks for reading and enjoy the spring!

Appendix A, Target values for Q2 '24

Figure	Q2 '24 targets	Unit
Total calories	320 000	kcal
Daily ave calories	3 500	kcal
Total training session	55	sessions
Weight change	3	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	20	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

- [Opath – Soldier of fortune](#)
- [Kube – Mist sä dikkaat](#)
- [Animetal - ペガサス幻想](#)

- Movies

- Dark knight (Netflix)

- Podcasts

- [Lex Fridman – Dana White](#)