



Veeti's Q3 '24 report



# Agenda

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# Forewords

Greatest thing in travelling (life) is that you can travel (live) the way you want.

Living life ain't always that easy and for sure we all have some limitations in life, but instead of focusing on the things you can't do or don't have, you have the option to enjoy the things you can do and have. Also always when you don't have something means that you have something else. Worlds richest and strongest person are titles that many people would like to have, however most people don't have what it takes to achieve neither of these titles. Currently both titles belong to person with autism. Again, I believe that not having something means that you can have something else. The thing is that whether you get stuck to the things you aren't able to do, or you focus on the things you can do.

Furthermore, don't ruin your trips (life) by doing the things that you think should be done, because most people do them. Be and do you. Also remember that sometimes doing you means doing what most people do, meaning that being you doesn't mean that you have to avoid doing things that most people do.

**lil offtopic:**

.... remember to smile a little bit here and there ☺

**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 comparison between two consecutive quarters.

## Key figures Q3 '24

Figure	Q3 '24	Q2 '24	Change -%	FY '24	Unit
Total calories	231 901	313 879	-26,12 %	849 800	kcal
Daily ave calories	2 548	3 449	-26,12 %	3 112	kcal
Total training sessions	56	58	-3,45 %	179	sessions
Weight change	-6,0	-0,5	1100,00 %	-2,8	kg
Days sick	3	0	#N/A	4	days
Daily ave mobile screen time	3,15	2,89	7,27 %	3,1	h
Energy drinks consumed	42	25	68,00 %	75	pcs
Books read	1	3	-66,67 %	5	books
Conversations with strangers	16	4	300 %	26	times
Lies told	2	1	100,00 %	3	times
Stock portfolio	6,87 %	6,17 %	#N/A	16,83	Percent/ percentage point
Feel good -index	7,15	7,08	1,27 %	7,1	grade

# Key figures vs. target values Q3 '24

Figure	Q3 actual values	Q3 '24 targets	Difference	Unit
Total calories	231 901	300 000	-22,70 %	kcal
Daily ave calories	2 548	3 400	-22,70 %	kcal
Total training session	56	60	-6,67 %	sessions
Weight change	-6,0	5	-11	kg
Days sick	3	0	#DIV/0!	days
Daily ave mobile screen time	3,15	3	3,33 %	h
Energy drinks consumed	42	30	40,00 %	pcs
Books read	1	3	-66-67 %	books
Converstaions with strangers	16	15	6.67 %	times
Lies told	2	0	#DIV/0!	times
Stock portfolio	6,87 %	5 %	23,40 %	Percent
Feel good -index	7,15	7,0	1,14 %	grade



# CBO comments Q3 '24

After few years rolling in the deep waters, it seems that the company is starting to find its value. However, as the company's board of directors is from Finland, we are already preparing for shit to hit the fan. We should learn to enjoy more the good times and have the trust that feeling good can be an ongoing state.

The KPI's are also indicating positive trend in company's performance. The good performance is mainly due to the hard work and investment decisions made during the previous quarters. One has to trust the process, and when you get small feelings of success, those will feed-up the positive trend. Small details build up big pictures.

Investments on employers wellbeing has been neglected for a while in the company. This has had its negative affects on positivity, creativity, and overall good feeling. Finally this has been corrected, and some budgeted resources reserved for welfare and productivity investments are re-allocated on wellbeing. Already we are seeing positive affects from this decision.

Gym project is going strong, however at the moment the feeling at the gym is far from strong, as the bodyweight has come down rather much due to the summer cut. The plan is now to keep the condition rather sharp, so that it's easy to

finalize the whole project with a shorter cut during Q1-Q3 '25.

Having a crush or to fell in love would be awesome, and would make the company feel more alive, but still the company has no strategy, nor the knowhow, on how to do that. I suppose that we just need to expose ourselves for opportunities, and when opportunities come, we need to be brave enough. However, that is more easily said than done. One way to resolve this is by saying more yes, than no.

Everybody working for the company are still keen to training hard and investing for the better future!

– Chief Brain Officer

# Open mic

The importance of doing is neglected in European culture. This is one key reason why we are losing in the global markets.

Americas need to electrify rapidly during the next decades, otherwise it will lose its competitiveness in global markets.

Asian's need to start make babies or become more open to other cultures, to preserve the competitiveness in global markets.

Africa is a pawn that all the others want to play.

AI's future depends on us humans.



# Outlooks



Good things will still happen when you remember to be yourself and treat others fairly.

Q4 '24 should be a good quarter. However, christmas and new years eve are already stressing a bit. This year I have promised to myself that the xmas won't be the same shit as it has been for years, but I don't know if I am able to celebrate at all. This makes me a bit sad.

Target values for the Q4 '24 are presented in Appendix A.

Thanks for reading and remember to do things!



## Appendix A, Target values for Q4 '24

Figure	Q4 '24 targets	Unit
Total calories	300 000	kcal
Daily ave calories	3 400	kcal
Total training session	60	sessions
Weight change	3	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	20	pcs
Books read	4	books
Conversations with strangers	8	times
Lies told	0	times
Stock portfolio	5	Percent
Feel good -index	7,5	grade

# Appendix B, **Arts/entertainment etc.**

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

- Music

- Allison Russell – 4th day prayer
  - Why some people are so fucking sick?
- Griselda – DR. BIRDS
  - Listened so much Griselda when in LA that my neck started hurting
- Scorpions – Follow Your Heart
  - This song has a special place in my heart

- Movies

- Breaking olympia: The Phill Heath Story (American Airlines entertainment hub)

- Podcasts

- Straight outta the lair – Dana linn bailey
  - DLB is badass!