

# Veeti's Q1 '25 report



# Agenda



Forewords

Key figures Q1 '25

Q2 actual vs. targeted values

CBO comments

Open mic

Outlooks

Appendices

# Forewords

It's funny how we all born free, but the environment and the people and experiences in our life create all kinds of restrictions in our head on what we can or should do.

Of course we all have our genetic limitations, sometimes unique, but it's still funny how we all grow up to believe what is possible for us and what is not, and live in all kinds of different subjective believes. What is really the objective truth and what we actually should do? I think that is one meaning for our existence, some call it meaning of life, to experient and find out what is possible and find out what is our purpose. I believe that there are at least as many reasons for us to exist, as there are fingerprints. As we all are combinations of different kind of experiences and restrictions, physical and mental. Some could call us experimental animals. In the end we live in simulation. Simulation doesn't mean that our stories are written beforehand, nor that someone or something is in control. Simulation means experiment. It's your duty to live and see what happens.

The only real rules in our simulation are laws of physics. If you manage to break them you might break the matrix, or end in the blackhole, who knows what happens.

We all have our own morals and hierarchies for importance. It is also possible that we speak and act differently, but at the end our actions defines us. You can talk and post whatever on social media, but if you really care about something you will make actions towards them. At the times I'm devastated about things that people post on social media, I think mainly for others approval, as sometimes you know that the person behind the post doesn't actually act upon their posts/opinions. Social media is one kind of information propaganda. Therefore, often it's best to actually go out and see what is the reality a like. For example, I was told that in US you can't travel by public transporation and you definetily need a car, however I started to think that also in that country the population is getting older, and people have diffetent restrictions etc. so how the fuck is it possible for them to move in the country if only way to get around is by car? So I went and see. The statement was false, you can travel in US by public transportation, and the PT actually worked in some parts of the country even better than in Finland and EU. So don't believe everything you are told.

Of course, I need to state that in US driving is made super easy and efficient, at least on some parts, but I believe that public transportation is the most efficient way to move large amounts of people from point A to B.

**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 Q4 '24

Figure	Q1 '25	Q4 '24	Change -%	FY '25	Unit
Total calories	221 100	274 238	-19,38 %	221 100	kcal
Daily ave calories	2 460	3 014	-18,38 %	2 460	kcal
Total training sessions	57	57	0,00 %	57	sessions
Weight change	-7,1	3,1	-329,03 %	-7,1	kg
Days sick	0	9	-1	0	days
Daily ave mobile screen time	3	2,4	25,00 %	3	h
Energy drinks consumed	15	18	-16,67 %	15	pcs
Books read	2	0	#DIV/0!	2	books
Conversations with strangers	4	8	-50 %	4	times
Lies told	0	0	#DIV/0!	0	times
Stock portfolio	1,29 %	-4,20 %	#N/A	0,0129	Percent/ percentage point
Feel good -index	7,1	7,17	-0,98 %	7,02	grade



# Key figures vs. target values Q4 '24

Figure	Q1 actual values	Q1 '25 targets	Difference	Unit
Total calories	221 100	280 000	-21,04 %	kcal
Daily ave calories	2 460	3 100	-20,65 %	kcal
Total training session	57	60	-5,00 %	sessions
Weight change	-7,1	0	#DIV/0!	kg
Days sick	0	0	#DIV/0!	days
Daily ave mobile screen time	3	3	0,00 %	h
Energy drinks consumed	15	30	-50,00 %	pcs
Books read	2	1	100 %	books
Converstaions with strangers	4	5	-20 %	times
Lies told	0	0	#DIV/0!	times
Stock portfolio	1,29 %	500 %	-99,74 %	Percent
Feel good -index	7,3	7,5	-2,67 %	grade



# CBO comments Q1 '25

Snus is back in the game, as the company is currently restricting a lot of dopamine etc. feel good sources in life, as we are living quite restricted life due to the cut, Nicotine is one way for us to enjoy the life and not be too harsh on ourself, but we acknowledge that this is a bit stupid. Moreover, this was always the plan to see if we can manage 420 days without nicotine, and it was actually rather easy. The hardest part was starting. After the cut is done, we will again quit nicotine and will go after 666 says without nicotine.

The first quarter of the year was rather good one, however we have experienced some kind of brain fog due to the low calories and high amounts of exercise, but it's just part of the game. In February we were training quite much less and didn't restrict calories that much, and during that time we noticed that the body had become addicted to feel good hormones of exercise, and that month was quite challenging mentally. This was good

reminder for us that after the final cut is done we need to have some other sources of feel good. We have plans for that.

As we still have work done to finish the project, we will work hard towards the goals the board has set for us. The more one enjoys the activities the easier it is.

The Q2 will be the first full quarter on cut, and we will see how the company has performed on harsh conditions.

– Chief Brain Officer



# Open mic

You can quite freely decide what you want to do with your life, so remember to follow your heart.

Often times “successful” people on social media are highlighting the hard work, but I think they are missing one key point. Does hard work actually payoff? If you enjoy what you are doing, then I think it always does and also gets you further than talent. As the payoff is not about the results, it's about the process. If you don't enjoy what you are doing, it doesn't payoff at all, even though the results would be good. Focusing on results, makes you miss the bigger picture, so choose your wars carefully.

Is it actually good that more and more people are invested in stock markets and

expect to trust their incomes on passive incomes? The stock market in the end is a weighting machine, and in some perspective a casino, your wins are someone else's losses. There is a big difference between ownership and investing, ownership has advantages over investing, as you can actually have ways to affect the incomes you are expecting.

For the local or global economy to work and grow you will always need the handpairs to work, no matter if the work is blue collar labour work or for example coding, not all can have capital, invest and just sit and wait for paychecks, The thing just doesn't add up. I believe that ownership/biggest investors of the companies should be the people working in the company. Before this goes to the politics and I get called a Marxist I will end :D

# Outlooks



Remember to treat others fairly! Maybe crack even a smile here and there.

Q2 '25 will probably be harder than the Q1, but also now I'm doing what I have waited for a long time, to be on an actual cut.

Target values for the Q2 '25 are presented in Appendix A.

Thanks for reading and have a sunny spring and start of summer!



## Appendix A, Target values for Q1 '25

Figure	Q1 '25 targets	Unit
Total calories	200 000	kcal
Daily ave calories	2 200	kcal
Total training session	60	sessions
Weight change	-2	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	30	pcs
Books read	2	books
Converstaions with strangers	5	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

- Tehosekoitin – Maailma on sun
  - On se, kunhan vaan elät!
- Fullblown – Burning bridges
  - One of the best life advices has been that never burn the bridges!
- Shinedown - MONSTERS
  - Great song to listen while cracking a White monster

- Movies & Series

- - Sex and the city (HBO)
- - The notebook (HBO)
- - Harry Potter movies (HBO)
- - Family guy (Disney+)

- Podcasts

- Lex Fridman - Narendra Modi  
Indian culture is full of wisdom.