

# Veeti's Q2 '25 report



Quarter report 8.7.2025

# Agenda



Forewords

Key figures Q2 '25

Q2 actual vs. targeted values

CBO comments

Open mic

Outlooks

Appendices

# Forewords

Our most valuable resource is time. It is limited, you can't rewind it, one can't know when it might run out and what is in the future. Moreover, you don't have a glue what happens when it does run out. So it is best to spend your time well, doing the things that provide meaning for you.

However, most people acknowledge the role of time as the most important resource, it's funny how many people stress more about money, which at the moment is in its core the one of the most least limited resource. But it's tricky, as for most of us selling time means getting money, which binds the money to the core resource, time. With money, coming from selling time, you can buy other resources. Gotta respect the creator of the game of life/economy.

As one uses time for something which doesn't produce money, for example, on hobbies, it's easy to get frustrated. Why to do something that doesn't pay directly? For sure opportunity cost is easily measured by amount of money, but what is the value of self-development, mental peace and learning? I think that those all are investments for the future, not necessarily measured by money, but as backbone for future success, health and wellbeing.

If one has walked harder roads in the past, I believe that this person has a competitive edge against the other who has chosen to walk the more easy roads. However, there needs to be a balance, if one chooses too hard roads and burns himself out during the path and can't recover from the journey, at the end, his/hers future is doomed. Therefore, it is extremely important to stay objective, recognize the skill level and listen your mind and body when choosing the paths you take.

**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 Q2 '25

Figure	Q2 '25	Q1 '25	Change -%	FY '25	Unit
Total calories	220 500	221 100	-0,27 %	441 600	kcal
Daily ave calories	2 450	2 460	-0,41 %	2 455	kcal
Total training sessions	58	57	1,75 %	115	sessions
Weight change	-6,4	-7,1	-9,86 %	-13,5	kg
Days sick	0	0	#DIV/0!	0	days
Daily ave mobile screen time	3	3	0,00 %	3	h
Energy drinks consumed	40	15	166,67 %	55	pcs
Books read	7	2	250,00 %	9	books
Conversations with strangers	3	4	-25 %	7	times
Lies told	0	0	#DIV/0!	0	times
Stock portfolio	3,90 %	1,29 %	#N/A	6,2	Percent/ percentage point
Feel good -index	7,4	7,3	1,37 %	7,35	grade



# Key figures vs. target values Q2 '25

Figure	Q2 actual values	Q2 '25 targets	Difference	Unit
Total calories	220 500	280 000	-21,25 %	kcal
Daily ave calories	2 450	3 100	-20,97 %	kcal
Total training session	58	60	-3,33 %	sessions
Weight change	-6,4	0	#DIV/0!	kg
Days sick	0	0	#DIV/0!	days
Daily ave mobile screen time	3	3	0,00 %	h
Energy drinks consumed	40	30	33,33 %	pcs
Books read	7	1	600 %	books
Converstaions with strangers	3	5	-40 %	times
Lies told	0	0	#DIV/0!	times
Stock portfolio	3,90 %	5 %	-22,00 %	Percent
Feel good -index	7,4	7,5	-1,33 %	grade



# CBO comments Q2 '25

The first month or so of the quarter was super good, but then hit the stress of the company's self-value. After the company gathered itself back together and got some answers for the value creation, there was again a great month or so in the front. However, then on the end of the quarter the stress of not achieving the goal of striated glutes hit hard.

Eventhough the cut has progressed well, there is a big uncertainty if the company can achieve the goals set, especially as the thing won't get easier at the end. What if the time isn't enough? I'm sure that the mental stiffnes won't run out, but already the body feels that it's reaching its limits, and I don't know if it's wise to increase anymore amount of cardio and/or cut more calories,

as the recovery capability is starting to reach its peaks.

Training partner would still be awesome, but it's starting to feel impossible to find one.

Yet, this is for sure an interesting project for the company, and I believe that overcoming these stress/thought problems is part of the project. The company needs to trust the laws of physics, keep positive mindset and trust the process. This is the only way to success.

We will keep grinding!

– Chief Brain Officer

# Open mic

Space exploration and making life multiplanetary will be the one of the most important ways to not destroy civilized life. There has already been too many signs of destroying civilization and wellbeing of humans, which I believe is due to human boredom.

As two people are locked in the closed room, after some time has passed they will start to annoy each other. The two people is around 8 billion humans, and the closed room is the earth.

Quantum mechanics/technologies are needed to understand, simulate and analyze the reality. Classical mechanics/technologies are only best estimates, that are not sufficient enough

for the certain fields and data amounts. Quantum technologies are thus needed to answer and optimize the solutions for questions about the better life. These technologies make the future life even better and more efficient.

Developments in the fields of biotechnology and robotics will increase the short and mid-term wellbeing of humans during the upcoming decades.

# Outlooks

Smiles are tremendously undersupplied currently in the markets. So remember to provide supply!

Q3 '25 will probably be one of the hardest quarters ever in my life, but at the same time the quarter should have the most answers. I have already the questions, now I need to find the answers.

Target values for the Q3 '25 are presented in Appendix A.

Thanks for reading and have a peaceful summer!

## Appendix A, Target values for Q2 '25

Figure	Q1 '25 targets	Unit
Total calories	180 000	kcal
Daily ave calories	2 000	kcal
Total training session	60	sessions
Weight change	-3	kg
Days sick	0	days
Daily ave mobile screen time	3	h
Energy drinks consumed	40	pcs
Books read	5	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

- Sleep token – Caramel

- You want it to stick, until you don't

- Olli PA, J. Heikkinen, T. Hirvikoski - Syke

- Chillest song I have ever heard, thanks Reetta for using this on IG

- Kwan - Shine

- Might be one of the greatest Finnish made songs

- Movies & Series

- - 127 hours (Disney+)

- - Family guy (Disney+)

- Podcasts

- Math & Physics podcast – Quantum mechanics

- Great podcast