

Veeti's Q4 & FY '25 report



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Forewords

It's troubling how everything feels nowadays so different compared to the memories from childhood, or to be more precise I feel that things don't feel. Example from this is opening the xmas presents, as for years that haven't sparked any or very little emotions, in youth unboxing the Santa's presents was the BEST feeling ever. Also, I remember how easy it was for young me to get angry, sad, worried etc, but nowadays it would take effort from external parties to spark these feelings in me. Obviously, this has also pros, when emotions are more stable, but still I can't stop thinking if this is something that happens when people grow up, or have I become brain dead?

I have also noticed something very interesting on social media, as I feel that quite many people with a ton of followers seems to feel and express their emotions very strongly. Sometimes those emotions seems acted/faked, but at the times I'm convinced that they actually feel emotions stronger. And it would be interesting to know have these people had a career plan for social media, or has it happened naturally/by accident.

At the times when seeing strong emotions in internet I feel a bit left out, but at the same time during around 6 months period last autumn, I basically didn't feel much emotions, like at all. Even though, that could sound quite cynical or sad, I actually felt that the status quo during that time was rather positive, and the emotional rollercoaster didn't have the humps or dumps, everything was quite solid and emotions didn't disturb life and executing/performance was through the roof. What I'm trying to say is that, at the same time I'm missing this robot mode, but at the same time I'm also missing strong emotions on small thing. Maybe I'm then in right spot, as I am currently in the middle of those two wings.

However, I feel that I'm missing something. Maybe it isn't the emotions or lack of them, but rather I'm missing the feeling of meaning and/or connection. During the last 2,5 year every morning I had clear vision of what I will do, how I will become better and what is my purpose. Especially during the diet this feeling of meaning was at its highest, this was one reason why it was so easy to wake up early every morning with spark on my eyes.

Currently nothing feels clear. I have forbid from myself to take on any personal project, for at least June of 2026, as I feel that otherwise I could burnout really bad and have noticed that humans need also times to just chill, otherwise brain gets fried, I have seen this too many times when people don't take the time off, their ability to be oresent and focus decreases. However, this time without a project or clear purpose feels like a torture. Probably if I would have liven a more balanced life, especially on social aspect, this wouldn't feel as bad, but one can always say if and blame the past, now is now and one needs to focus on the present and future.

I thought that I could stop gym training easily, as I have already once lost "the muscles" and my self esteem isn't that much tied onto how I look, yet I didn't realize how much dopamine etc. chemicals are released during and after the training. This trial to stop cold turkey the gym training didn't work at all, as this really fucked up my body's/mind's chemical balance. I tried running, but man I hate that shit, so I had to get back on weight training, before I have digged myself into too deep hole. Before starting weight training I also included indoor cycling into my training, but quickly noticed that if I cycle 7 days of week, my legs just don't recover from that, and this made me understand why weight training is superior, as you can train your whole body and this way the fatigue doesn't focus only on certain part of the body, and you can do it by yourself whenever you want and it's cheap (nowadays with great outdoor gyms basically you can do it free).

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CBO comments Q4 '25

Year was exceptionally great, until the last few months hit. These months were troubling and I felt really lost in life. This time wasn't bad because something terrible happened, or that I would have felt some negative emotions.

Instead that time was bad, because I realized that my personal hell would be that I would "have everything" externally but wouldn't have emotional bond to anything. Not to say that I have everything or that I wouldn't have emotional bonds, but I'm not missing too much, yet at the same time I'm missing quite much emotional bonds. For example, I don't have any feelings towards my pillow, but learned during the quarter that some people do. This might sound funny, but this example made me realize that I'm for sure missing something.

As the fitness project ended, and the numbers aren't comparable/followed anymore, the numeric values aren't involved in this report. I was thinking to include some left over values, like days sick, lies told, energy drinks consumed, but then I thought that even I don't care about those, and probably not too many people even read these, so it isn't worth the time to make the tables.

During the quarter I did not lie to others, but cathered myself from lying to myself on about what I want, or it might be that I'm fooling myself that I would be ready for the future that I would want. Might also be double lie... Anyway, this is

something that I really need to figure out during the 2026; what I really want?

As I have been focusing on my own things, self-development and being ny myself, I have noticed that it has become hard for me to switch from this kind of behaviour to more social or more productive way of living. And I mean at the same I see that there is no value added to the world by me doing the lengthy cardios etc. but at the same time those seem important for my wellbeing. Maybe also this comes back to the question; what I really want and/or what I really value...

During Q1/2026 I will come up with new set of Key figures. It may also be that in the future these would work more as a quarterly diaries, rather than reports. But at the same time I would prefer some performance tracking between the quarters and years. It might be that after Q2/2026 if I come up with some big personal project, I will then set up KPI's for that. But it also might be that this is the last quarterly report I ever make...

Let's see what the future holds!

— Chief Brain Officer

Open mic

Taking the red pill

In 2026 I won't use Instagram at all, or at least very little. Reason for this is that I don't really see posts from normal people, most of the posts are advertisements, or something nonsense/political shit. Also, the new layout is made to lure people to waste their precious time in the app. The life that is happening in these apps doesn't express the actual reality, doesn't mostly help the people or society to develop,, it ruins the brain chemistry, takes off the most crucial resource of humans, the time and makes people think they need to be in the app. As I'm not dependent financially or other ways on social media, I will stop using it. I won't delete the app, but will mute the notifications, hide the app icon from my phone and will visit the app very very seldomly.

I believe that getting out will make me live more in reality, as the app gives the number of followers/friends in the app, it makes you feel connected and creates a some kind of fake status, but really there is no real interaction, at least on my experience.

Moreover, the posts/pictures makes you live in a different reality. One example from this is that in IG everybody is at least 2x more ripped, more locked in, bigger, sexier, richer etc. but when you go outside and make notes, the reality is totally different. And I'm done with living partly in the SoMe matrix. Moreover, I hate/don't understand that everybody is gathering people as followers/fans to boost their egos, what happened to friendships and mutual connections?

Lastly if Prof. Juang Xueqin's theory of Pax Judaica is even little bit true, I will get out as I still have the opportunity.

- * Of course Instagram/tiktok etc. has also great pros, as it is a easy way to connect with people with similar interests around the globe, works as effective promotion channel and makes it possible for everyone's voice/opinions/interests to be heard/shared. However, currently for me, the cons exceeds the pros.
- ** I have noticed that most people without financial/political whatsoever agenda, let's say "normal" people are mostly posting on social media when they have some life status upgrades to share, example, graduation, getting new job/engaged/children, buying house, winning something what-so-ever. And I'm not saying that this would be anyway wrong or that I wouldn't do this, but personally I would like to see more casual posts

Personal hell

I think that the missing piece to my personal hell, would be to get a girlfriend and/or friends, but we wouldn't really vibe/have time to spend together, this would fill the puzzle (kill the feeling of loneliness). Yet, as I'm thinking this way am I keeping the puzzle of life/happiness unfinished because I'm afraid that this would happen.

What can you afford?

As the world has and is changing towards abundance through innovations a lot has and will change. Example from this is that only few hundred years ago the elite were fat, nowadays it starts to be opposite. In my opinion this is dependent on what is hard, and hard things have, are and will be respected, and the people who want to be respected choose to do the hard things. In the past it was hard to afford to eat calorie rich diet, and avoid physical labour, nowadays it's vice versa. As the abundance can be seen only to be increased through automation, robotics and other developments, the value/meaning of fiat currencies and labour is/will be questioned, this has to mean that energy (or some other measurable and limited base unit) will be the ultimate identifier for value.

What I am trying to say is that already through the example you can see that even nowadays in western (and other) countries your diet's surplus is not limited by your monetary wealth, but rather on the level how much calories (fat storage) can you afford based on what kind of health and body image you are satisfied with. Of course, the amount you are willing to exercise will affect this equation, but the diet has so much more weight on this.

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What actually matters at the end? Currently, I literally don't know. I have thought that fair and respectful treating of others matters, but past years have made me question it. I'm not saying that I wouldn't still believe to these, but maybe those aren't all that matters. It might be that during different times of life different things actually matters. Therefore, my assumption that the answer to this question would be static and universal, could be faulty.

Outlooks



Currently it's hard for me to make forecasts, as it might be that I will really enjoy living without IG, but it might also make me super lonely. A lot is dependent on how I will adjust my actions to this change.

At least, a lot of thinking is in front of me...
And hopefully finding a place what to call a home.

Thanks for reading!

To be or not to be continued...

Appendix Arts/entertainment etc.

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

- Music
 - Too Close To Touch - Sympathy
 - Don't even know how many times I listened this in my parents basement during this quarter
 - Petri Laaksonen - Syöksytään
 - No bombs dropped on roihuvuori
 - Limb Bizkit – Behind Blue Eyes
 - Don't know, don't have blue eyes and I blame myself.
- Movies & Series
 - - Georgie & Mandy's first marriage (HBO)
 - - Hello ladies (movie) (HBO)
 - - Love island suomi S:5 (MTV katsomo)
 - - Good will hunting (Yle Areena)
 - - A Good Person (Yle Areena)
- Podcasts
 - Sijoituskästi - RebelWerks
 - Probably was and will be the most important episode ever to actually implement Sijoituskästi's vision/strategy to level up possibility to gain wealth