

The 2nd of may at 10.23 sent from mailthe@office.com

* Hi office friends! So as you all know it's Friday tomorrow and the boss has let me be the one in charge for the Friday bar. I need some help and thought the two of you might had some time after work today to go fix some stuff for tomorrow? Let me know!

Xoxo

Btw! Does any of you have a driver license?

pling

ding

The 2nd of may at 10.25 sent from thesec@mail.com

👁️ Hi I'm not sure when I will be able to go from the office today. I just got a big assignment that needs to be finished by tomorrow. But maybe I will join you if I get the time

click

The 2nd of may at 10.25 sent from the3@mail.com

♥️ Hi! Sounds fun. I don't have much today and think I will be able to finish early. And I have a driver's license

pling

The 2nd of may at 10.30 sent from thefirst@mail.com

* Perfect!!! Sounds good maybe I can borrow a car from the boss so we dont have to bike XD!

click

The 2nd of may at 10.31 sent from the3@mail.com

♥️ Super! When do you want to get going?

The Oldest
**I'm just really really
busy**

The Oldest
What do you mean?

The Youngest
**I only get to see you
for a coffee and then
you get too stressed
to be here and goes
back home to study**

The Youngest
**I think you're on a
unhealthy track. It
doesn't sound very
healthy that you are
so busy with school
that you haven't
been able to go out
with your friends
for over a year!**



Internalized Capitalism

Going to work is for some people the one thing that keeps their life interesting. And for others it's the one thing that keeps decreasing their life quality and fills them with stress and anxiety. For some people work is a full-time job and for others it's extra hours on the side of their studies. But no matter how you work and how you like your work and which kind of work it is you have. A work is symbol of you having a responsibility to someone and something else than yourself. Maybe your responsible to your boss, maybe it happens to be you that are the boss and therefor you are responsible to your employees. Maybe you work as a doctor and are responsible to the patients, or maybe you are independent and therefor responsible to your clients. Not every job is glamorous and fulfilling, or even fun, but you keep do it because of the responsibility. Or in other words maybe you keep doing it because you suffer from internalized capitalism.



The Billionaire Morning Routine

Morning, afternoons, evenings and night. All of these resembles some kind of a routine. For the contemporary human being a routine can, be crucial to the amount of success achieved during the day. If being consistent with a routine, it might even bring you success and happiness for the rest of your life. At least some people have that opinion. But what is a good routine? Some measure a good routine on how productive you are. Are you an A or B person? Do you like to stay up late, or do you like to be out of bed before the birds start to sing? Many people have the impression that success begins with an early morning routine with spirulina, mindfulness and lemon water. Ever heard of the billionaire morning routine? If you win the morning you win the day. For most people that is not a everyday reality.