

## TECHNOLOGY CLEANSE

We need these, and we need them often.

You can decide how long you want it to be but we all need a break from technology.

So, at the bare minimum, have a technology cleanse for the weekend.

Go as radical as you want (camping), or just cut out the computer, TV, and cell phone.

### **BE PREPARED**

## PUT DOWN YOUR PHONE

*Life cannot be found in the screen of your phone. Put it down and live.*

We communicate less face-to-face. We no longer have to feel that self-consciousness that preludes asking a lady out.

We don't have to communicate or engage in the real world and older generations are fed up with us, the millennials, the idiots stuck on their phone, avoiding life and risk and danger in the process.

Instant gratification and entitlement are directly affected by our best-friends, our phones. We sleep next to them. We wake up to them. We look at them even when we're out for dinner with 'friends' or family. We avoid life because it's easier to communicate on social media or text than it is to talk to someone and look them in the eye.

We're not engaging in life. We're avoiding it. What a bunch of pussies!

But it makes sense.

This same lot has been rewarded for mediocrity. Last place gets a trophy. What a great way to make a kid feel like a fool! Everyone knows he lost and yet you give him the same reward as the winner.

What a great way to devalue the hard work and talent that winning requires!

## AVERAGE 2 ALPHA

Make everyone equally useless. This isn't the millennial's fault. This is the fault of the soft parents and teachers and systems in place.

It breeds young adults who cry and whine when someone hunts an animal, crying followed by them getting a burger at McDonald's! It breeds young humans who think they deserve a promotion after two years of work regardless of whether it's earned or not.

It breeds a sea of humans who vote for other humans who thinks everyone deserves everything, who think that no one should have to earn anything, that the state is their caretaker because they're in their thirties, facing the prospect that their parents may no longer be *their* caretakers.

The transformation from whiny little bitch to winner starts with the small things, like leaving your phone at home when you go out with pals or out on a date. Or leaving your phone at your desk when you go to a meeting. Or talking to someone rather than texting someone.

Be a part of the world. Don't continue to live in avoidance of it by relegating yourself to virtual reality.