

The Full Time Job Virus

Preface

“Men of Reddit, how do you deal with the fact that after college, you basically just work until you die?”

This question amassed 17,500 upvotes on the ‘Ask Men’ page of Reddit.com. Although not specific to males only, it is very apparent that the idea to ‘work till you die’ has become outdated. There isn’t a whole lot of people wanting to work for a wage that never feels like enough, investing their most valuable currency (time) and brain power to a company that doesn’t give a shit about them.

Consumerism, sleep deprivation, substance abuse, depression, anxiety, stress and broken relationships are just some of the symptoms of the full time job virus. A pandemic that has spread across the world, from one 9-5 rat to the other. You may think none of these symptoms effect you or your loved ones but the virus runs deeper than you realise. Do you feel as though you spend too much money? Like you haven’t gotten enough sleep since summers off from school?

Are you pissed off? I am. We spent our childhood and youth in school as if it was normal and what did we get from all those years? The opportunity to compete against fellow classmates for grades on a test

that does not resemble real life? We didn't get taught practical skills that would help us. All of those years just so we could qualify ourselves for full time jobs. Raised like cattle in school just to be milked for 50 years until we die. Fucking disgusting.

This eBook aims to solidify your belief that full time jobs are horrible for humans and provides a step by step, practical guide on how anyone (that means you, dumbass) can replace their full time job with online income from projects they are actually passionate about.

If you follow the advice in this eBook you will go from working 60 hour weeks for your boss to eventually being a self employed creative, spending your work time producing something that can be placed on the internet, and with that potentially become viral. That is how we cure ourselves of the full time job virus.

Things will be broken down and explained in a way that you know is true but that no one else has highlighted to the public. This eBook will challenge your commitment to your job, company and boss. You may believe you still act as an individual but we often start placing an subconscious empathises on the people and place we spend our time in. In other words, the longer you work at a full time job for, the more you feel committed to them, sacrificing your own life progress to better the profits for your boss. How nice of you. Pussy. It's time to start taking that energy and brain power to create something solely for yourself. Creative projects that cure you of the full time job virus.

Chapter 1

The Facts

Are you happy working 60 hours a week?

Oh, you say your job is only 40 hours a week?

When you add together the time it takes to wake up, get ready, commute, get to work a little early, leave work a little late, commute home and settle down 5 times a week, it's more like 60. Also don't forget about the fact that you are spending valuable time (weekends) recovering from your job instead of creating something. It's probably contributing to your substance abuse problem too. I bet you could correlate a bunch of negative factors in life (sadness, depression, sleep deprivation, substance abuse, neglecting family) with being in full time employment.

So, I will ask you again. Are you happy working 60 hours a week?

Full time jobs are like a virus. What was once a respectable method of gaining income has now been mutated to exploit workers and maximise profits for corporations. We have been brainwashed to believe those who are not in consistent employment are lazy, drug addicts. If only you knew how many workers, especially the middle to upper level rats, snort cocaine and binge drink alcohol multiple times a week. The life of working 60 hour weeks leaves little else for enjoyment so these unfortunate souls take substances to alter their reality, because, why the fuck would they want to live their lives? Why would anyone be happy spending their life fighting for the scraps whilst ensuring their boss makes profit from them.

Our culture has mutated to focus on overworking and productivity. This can be positive for ourselves but it becomes a negative factor when we overwork for someone else. Having a great work ethic and productivity are valuable skills to have, if you are using that to YOUR advantage. If you are using the same great work ethic to make someone else money, what the fuck are you doing with your life? Slaving away for a set wage. Waking up sleep deprived to an alarm clock. Fuck sake you are literally fucking up your health (the most important thing ever) to make money for someone else. Have some respect for yourself, your health and those who matter most to you. That most likely doesn't include the company, or your boss so set your priorities straight.

Here's a secret...

Jobs are outdated.

Have you ever heard of the internet?

Bet you have.

Take those same skills you have (plus develop new ones, more discussed later) and put them on the internet. Suddenly you have a small percentage chance of getting viral, and with that, becoming a millionaire. Seriously. Just by putting something you have created online a very small chance for your creation to explode in popularity and for your life to change through one project.

You might think that you may not have the talent or luck to ever get viral like the other shit you have seen shared online but that is exactly the point. The internet is so volatile that potentially anything could become viral and just about anyone can get famous for any reason. Think of all the stupid shit you have seen become world famous. Think deeper about the creator of that stupid shit. Often

times they are regular people who were simply just active online, posting their content and eventually (because of the small percentage chance to become viral) one of their creations was picked up (usually on social media) and shared hundreds of thousands of times. Suddenly this regular person has created fame overnight.

Think about those random 'one hit wonder' songs from artists who dropped off the face of the earth after their song got viral. You know where they went? They retired. Because of one viral creation they got to retire with a life of luxury before they were 30. Sounds fucking great doesn't it? Or instead you could work 60 hour weeks till you are 75 (since retirement age will be raised in our lifetime).

The same 'potential virality' cannot be achieved through working a basic full time job. What is the cap, the potential maximum earnings of a job? A starting wage plus shitty benefits (free fruit Fridays!!!! We are like a family here!! Casual dress days!!!!) and potentially a wage increase every 6 months if you get promoted consistently (is that even realistic?).

The rise of mental illness issues perfectly correlates with modern day work culture that revolves around full time employment. You want to know why so many people are depressed and anxious? Because of full time jobs. There I fucking said it. I'm tired of us beating around the bush. These kids go to school knowing all life is for them is to finish education with average grades, get shitty jobs after shitty jobs for 5-10 years and likely have children unexpectedly which causes further debt and reliance on full time jobs/second jobs. But don't worry. There's a pretty good chance that after 20+ years in the work force, with enough experience of shovelling shit, these kids will be promoted to shit shovelling manager. Now they finally get some sort of power and it almost feels worth it, spending their entire lives to get to the point where they can boss around the pimple faced young adult who reminds them of their youth. What a shit life.

Our reliance on full time jobs is the norm for the majority of humans. Who's fucking idea was this? I'm not trying to revolt and overthrow Capitalism (not yet) but it's time we stopped being scared of highlighting the exploitative and simply ineffective system. We aren't in China; we can criticize the system without getting found with bullet holes in our back and a suicide letter. Fuck the system. Everyone is broke. You're broke. I'm broke. Millionaires and billionaires are broke. Big ass corporations keep going broke and we keep giving them more money. Entire countries are broke and in debt. Everyone is fucking broke but no one has the guts to try to push for a new system.

So now that you know the facts, that your full time job takes 60 hours from you a week but you only get paid for 40, that creating something and putting it online has a small chance of getting viral, that you have no chance of getting viral in a basic job and that every fucker is broke in the current system, I will move on.

Chapter 2

The step by step guide on how to leave your full time job for online income

I thought I would provide you with a practical, step by step guide on how to slowly replace working for 'the man' to working for you, man.

I wanted to include it here, near the start, so that a plan is immediately available should you wish to cure yourself of the full time job virus. I also appreciate practical advice myself and dislike 200+ page books which give you two sentences of important information. So, let's skip all that bullshit and tell you exactly what you need to hear.

Read each step carefully. Identify exactly where you are and where you hope to be in X months. A full explanation of each step is in the next part of Chapter 2.

How to leave your full time job and make online income:

1. Be in full time employment
2. Overlap full time job with work on online projects after your job and on weekends
3. Live frugally and save for a couple of months (depending on your expenses)
4. Reduce job hours from 40 to 24 (from full time to part time)
5. Experience lifestyle deflation (the positive brother of lifestyle inflation, as your hours drop, your wage drops, your spending drops)
6. Hold a part time job you like which has benefits (such as downtime, more explained later) whilst focusing on growing online projects and potentially getting viral
7. Online projects start bringing in income, reduce part time hours further (I am currently on 16 hours a week)
8. Online projects get some popularity

9. Leave the job and focus all efforts on online projects

#1 Be in full time employment

Step 1 assumes you are in full time employment at the moment. You don't need a full time job to build an online income but this guide is specifically for those who want to escape the 9-5 rat life.

This step is just the starting point. You must identify that this is a journey that not only are you willing to take, you are excited to experience too. This is your moment of taking a massive risk which quite frankly makes life worth living.

You will create potential for significant forward growth which generally makes humans feel happy and satisfied with their days but also quite stressed. It's important to know at Step 1 that this will likely not be an easy journey. Of course working a full time job is not easy anyway.

#2 Overlap full time job with work on online projects after your job and on weekends

Step 2 requires you to overlap your full time job hours with extra work. I know it sucks. You know why it sucks thinking about doing more work when you come home from work? Because you're worked out. You've spent most of your brain power and efforts to make profits for a company instead of yourself. Shame on you.

The only way you will get out of this situation is by focusing what little effort you have left at the end of a workday and weekends on your own projects.

This is the step that a lot of mediocre people start piping up and complaining that the world doesn't work for them. That they don't want to work more when they come home from their jobs and would rather watch Netflix. Do as you wish. Just remember your actions do genuinely outline your outcome. Personally, watching Netflix is only fun for me after a day of actually accomplishing something. Who the fuck wants to spend their life on the couch like the stereotypical loser everyone told you not to replicate? Enjoy the chill time but AFTER you have created something. Your mental health will thank you.

It may be difficult for the first period you are overlapping job hours with online project work but I promise you it will become significantly easier the more you invest into this. The sooner your projects start making money the sooner you can reduce job hours and change up your life.

You might ask what online projects are and which you should be working on. Whilst I can tell you that an online project is simply something you can be working on, growing your skills overtime from home through the internet, I

can't tell you which project is right for you. There's too many. It doesn't even have to revolve around the internet like you may think.

Learning an instrument for example wouldn't be an online project would it? It can be. To make learning the guitar into an online project you would focus your efforts to creating content to put online. You might think about blogging or creating videos of your journey to learn the guitar but whilst this may work, chances are that no one gives a fuck about your journey to learning the guitar and you will get no more than 50 views on your shitty YouTube video. You know what people care about? Memes. Seriously. Find a smart way to create a stupid but funny meme about you learning the guitar and I guarantee it has a much better chance of getting viral. Good songs don't get too popular, do they? Memes do. Songs with catchy lyrics that kids can use in their TikTok videos get viral as fuck and turn the creator into millionaires.

Anything can be an 'online project' in that sense. Literally anything. Choose a couple different projects, activities and hobbies to do most days and then plan out exactly how you will turn that into a profitable online project.

Rich people say that you should not be chasing money but instead acquire assets. These are things that we own which are valuable and also make more money the more assets you have and the more time you spend on them. Common assets include rental properties and investments, but we can use the same financial knowledge to place an emphasis on the types of assets we can develop in the comfort of our own homes.

A huge collection of high quality, evergreen content about your project

This is what you should work towards to develop your online projects. It's extremely unlikely that any one project or piece of content you release will get any decent amount of audience retention or profit. There's too much shit online

so it's very easy for the masses to overlook one of your pieces. This is why you must create 'a huge collection'. You cannot spend a great deal of time and effort on one creation and instead streamline a process to get out a large amount of content which is quicker and opens more doorways for users to find you and potentially become loyal followers if they appreciate your content.

During this step you will require some critical self-reflection. Hopefully you aren't one of those ego warriors who can't admit failures and faults. Being introspective and able to journal your thoughts and beliefs is absolutely essential for you to become a success through this guide. If you can't admit failure then just fuck off, pussy.

If you can then read on.

The first thing we are going to be evaluating is our work rate. This you can do just a few days into implementing these steps. Are you developing your online project as much as expected? Or barely working on it? It is fun and exciting for you? Do you feel overworked? Are you coming back from your job and not even bothering to grow your online project?

There are hundreds of questions to ask yourself. Journal these. You can't rely on remembering your complex thoughts, but you can rely on a journal of your thoughts which you can consistently look back on. Get a notepad and pen and be truly introspective. Outlining behaviours or thought patterns you aren't fond of is very beneficial. This will only work if you are rational and write down nothing but the truth. You might feel awkward writing your thoughts down on paper and perhaps feel a bit scared in case someone reads it. Don't worry. If you write down your true, unfiltered feelings, beliefs, thoughts, and someone reads it, it's not the end of the world. In fact, even though it might feel awkward, it would actually be amazing for your relationship with that person. They have just seen the real you. The version of you without the social barriers. That's real shit. How they behave after reading your journal is a true reflection of how they

view the real you. You can then have solid evidence whether this person is a supporter or enemy of you.

At this step you will be working your normal job shifts and then coming home to do more work on your projects. It can feel pretty stressful, almost like you get no time off. You may start contemplating if this is all worth it. Personally I think it definitely is but you need to believe it for yourself. You need heightened passion for your end goal. Where do you hope to be? What is the lifestyle you want and are working for? Remind yourself of your goals and exactly why you want to complete that goal. Journal all of these thoughts and look back at them.

#3 Live frugally and save for a couple of months (depending on your expenses)

Step 3 focuses on damage control. If you don't have an emergency fund already, I can guarantee your stress levels are higher than they need to be. Step 3 requires you to continue working the full time job you may despise to save up more than you are currently doing, as your monthly wage will soon take a significant hit from step 4.

In this stage you should aim to save enough for a stress relieving emergency fund and extra to cover expenses. I have asked you to live frugally during this time so that you get into the habit of cutting unnecessary spending. Don't worry if you struggle at this step and find it difficult to save/live frugally. We are living in a consumer orientated world. By reducing consumerism, you will realistically reduce how well you 'fit in' this world. There's nothing glamorous about saving money. You won't make friends being frugal. You will however set yourself up with valuable habits that will benefit your life long after the negatively affected social experiences disappear.

In this step you want to have enough funds so that when you cut your job hours from 40 (5 days a week) to 24 (3 days a week) you will not be stressed.

#4 Reduce job hours from 40 to 24 (from full time to part time, your job might not allow you to do this so you may need to just get a part time job)

Step 4 is likely the most important step of all and the real barrier to why we all don't achieve more. We are quite frankly spending too much damn time at work. By reducing your hours from 40 to 24 not only are you drastically freeing up your week by saving 16 hours of actual work, you also likely save 2 days of that whole bullshit of getting ready, commuting there and back, getting settled. That's an extra 6 hours a week you've just gifted to yourself.

You should hopefully know by now that the most valuable currency by far is time. Time is the one thing even billionaires cannot afford to waste. Having the guts to preform Step 4 gives you around an extra 22 hours a week to spend on online projects. Sure, you take a monthly wage cut which means that you will have to reduce expenses and 'get by' instead of spending money excessively but that is the whole point isn't it? You weren't happy working the full time job knowing that you had nothing else planned for your life. You eventually wanted to stop working and do your own thing right?

This is the first major step to getting there. The act of reducing your job hours increases the amount of free time you have. You trade probably a few hundred £ a month for an extra 88 hours. You have 88 hours to make something that can effectively negate the drop in salary.

You are now not just a worker. You are spending half your time working for someone else and half pursuing an online project of your choice. You feel alive. You can finally, guilt and stress free, write that shitty eBook, learn to code, build a following, whatever. You can spend a huge amount of time on any online project you fancy.

It's quite a refreshing feeling, waking up knowing that today I'm going to be learning about some random project that I got the urge to do. I almost feel like I'm a child back in school again without the shittiness of getting woke up by your parents. When you develop online projects you instantly get more control of your life. You can choose what time to wake up. Where to develop the project. Do you enjoy working from home? It's nice to not have to commute. Maybe you are someone who does all-nighters and cracks out a week's worth of work in one night. Pretty exciting. Perhaps you prefer to work from different cafes around your area which would be a nice novelty feeling. When you develop online projects, you get control of these variables and that makes humans feel very good.

The initial drop in salary at this stage will likely scare some people off. You have a consistent full time employment and you are voluntarily reducing your hours in a world where people are desperately increasing theirs. Just this sentence alone should make you feel like you are going in the right direction. The overwhelming majority of people are broke 9-5 rats who regret working so long and you are literally doing the opposite of them, working less. Creating more. You carve your own path away from the herds of sheep but you will have plenty of mental blocks before actually reducing your hours from 40 to 24 or getting a part time job.

Unsure what kind of part time job to look for? Read on to step 6 (don't skip step 5 though)

#5 Experience lifestyle deflation (the positive brother of lifestyle inflation, as your hours drop, your wage drops, your spending drops)

So, there is definitely going to be some people reading this who argue the logistics would not work for them. Hopefully they chose to continue reading to this step so that I can explain a weird, risky concept which was the main reason I was able to reduce my hours immediately.

Lifestyle INflation (notice the IN) refers to our spending increasing or inflating due to a change in circumstances. Let's just use you for an example.

You are currently working and receiving £1100 a month take home pay without much focus on budgeting and whatever, just spending normally. When you receive a raise or different job that brings in £1400 a month take home pay, are you consistently going to be saving or investing £300 a month? You might believe you would, but the statistics don't lie. The overwhelming majority of people will automatically inflate their lifestyles and spending to meet the new wage. Sure, you might end up saving a bit more per month but generally, making more money simply means spending more. There's always something to buy isn't there?

That's lifestyle inflation. Put simply it means:

Earning More = Spending more

Now the interesting and risky part comes when we discuss lifestyle deflation. This is the opposite of lifestyle inflation in that when you earn less money, you spend less.

Say you are on £1100 a month. If you were suddenly reduced to £800 a month would you die? Would that be the end of your life? Probably not. You would have two choices:

1. Get another job so you can get the extra £300 to spend monthly
2. Spend less

Which do you think is easier and saves more of the most important currency (time)? Option 2.

When you think about it this way you start seeing the argument against full time jobs much more clearly. If you could survive and begin to grow your online projects on the part time wage, the only reason to be on a full time wage is simply to get more of a wage to spend. By working full time you sacrifice time and effort so that you can spend more. Consumerism is a symptom of the full time job virus.

There's even more to consider. You remember the lifestyle inflation equation:

Earning More = Spending more

Well we have to add more variables to this equation for it to be more realistic:

$$\text{Working More} = \text{Earning more} = \text{Spending more} + \text{Recovering from work more}$$

One thing we often forget is how much of our time we lose outside of work simply due to us working long hours. If you come home from your full time job and don't want to create anything, instead want to chill and play games or watch Netflix, you are now losing your own free time to recover from working. You are probably delaying sleeping till a little later because you haven't had enough fun in the day yet. You are probably taking some kind of substance to negate the shittiness of working a job/living a life you aren't happy with.

So working more hours past a part time level (16-24 a week) means that you will earn more of a wage at the end of the month, but due to working longer you will likely spend more money when outside of work, be sleep deprived, solidifying drug addictions and worse of all, ruining your mental health for the benefit of the company.

Here's the thing. All of these steps entail a form of risk. Some more than others. It seems scary right? What if things don't go to plan? What if something messes up and you end up broke?

Aren't you kind of broke already? Aren't you kind of unhappy already? Is your full time job completely risk free? There's definitely no risk in you ever losing your job or getting fucked over?

There is risk all around us, especially in full time employment. You are at risk of losing your job, losing promotions, the whole company going bust, global pandemic shutting it all down and leaving you wage-less.

When you really think about it, working on online projects is actually pretty safe in some sense. All of the profits are yours. You aren't going to fire yourself. If a crisis happens you will still be receiving money around the clock (including whilst sleeping!) unlike the poor folks who rely on jobs.

This all relates to Step 5 as lifestyle deflation is a hidden risk minimiser. By taking the leap to reduce your hours and therefore take a reduced wage, you are acknowledging that 'it will just work' and you will automatically end up spending less money than you thought you vitally needed. Now you have lower expenses and also a lot more free time to create.

For reference, when I was at this step and understood lifestyle deflation, I quit my full time job and got a 16 hour a week part time job knowing that only getting paid £570 a month would mean that I could only spend £570. So I spent money on rent and bills and food and bought nothing else. Instantly it felt like I didn't even work a job anymore. Only going to work twice a week created so much damn free time it felt like I was in summer vacation.

#6 Hold a part time job you like which has benefits whilst focusing on growing online projects and potentially getting viral

Not all part time jobs are created equal. Some still feel like a full time job. Let me tell you the story of how I went from a 40 hour a week job to a 25 hour part time job to a 16 hour job all in the space of a week. Yes, literally 3 jobs in a week.

I was working a basic 9-5 job when developing these ideas. I grew a bit of online income and was bringing in around £200 a month from random online projects like reselling on eBay.

Time was the biggest issue. I felt like I couldn't develop my current projects further as I was spending all my damn time at work. Waking up at 5.30am everyday (even weekends) to lift weights and get my HIIT in. By the time I would get home I really could not be arsed with working more. So I requested to go part time at my current job. I asked to remove 2 days a week from my schedule so that I could work 3 days, 24 hours a week. It would have been a pay cut but honestly not a huge one as the part time hours would have kept me below paying income tax. The managers at my job fucked around for weeks saying they would make it work and, in the end, said they had a business need for my role to be 5 days a week. Fair enough. I said I would search for part time jobs now and told them I would continue working there until I find one.

I applied for a couple of positions that day at lunch time. I took a call in the toilet whilst still on shift. Booked a part time job interview for the next day. Told the manager I was going to take a half day off for it. They were fine with that.

I'm fucking great at interviews and got offered the part time job there and then and I accepted. I came into my full time job after lunch for my half day shift. Gave in my one weeks notice. Everyone was quite shocked I went and got a position within 24 hours.

I like telling that story.

Here's the problem. It wasn't all sunshine after that. A week later I left my full time job and started the part time role which was Monday – Friday 5 hour shifts for a total of 25 hours. It seemed like a big improvement from my full time role as I would be able to get home at like 2pm and grind my online projects.

That didn't happen.

For the next few days I would get home and end up chilling, smoking weed from 2pm. I barely did any extra online project work which was the whole point of this.

Here is the critical step. I became introspective. Remember what I said about journaling your thoughts in Step 2? I did this. I wrote down that the 5 hour shifts still kind of felt like a whole lot of effort. I would be quite tired and exhausted after the shift and just want to chill all day. I did it 3 days in a row and knew that it was a problem that would only get fixed if I put in the effort to fix it. So I began journaling and expressing my thoughts to the paper. The new part time job was quite exhausting. It still felt like a lot of work and I wasn't getting my own projects done.

I began thinking about the 'ideal part time job'. What exactly do I want from one? What shifts do I want to work? Working 5 hour shifts 5 days a week is fucking stupid. I wanted to do long ass shifts but less often so that I would be

going to my job less days of the week and with that, saving hours from not needing to get ready, commute etc.

I also wanted a part time role that simply felt like a lot less work. I wanted one with downtime. That's exactly what I got.

I applied for more positions. I got invited for an interview for a job that is similar to security. The role entailed sitting in a locked room with CCTV and buzzing in people through the door. Fucking easy. I asked the interviewer straight up if I could bring my laptop to do my work during the shift. They didn't give a fuck as long as I was there to buzz the people in. Goldmine.

So in the space of 1 week I went from my last shift at a full time job, a couple days at a part time job that did not fit for me and finally a part time job that was perfect, where I was literally getting paid a wage to sit there and work on my own things.

This one week period was very, very stressful. But extremely worth it. I have wrote all this for you to understand the importance of the right part time job for you. Do not settle. Do not place your employers needs above your own. Ever.

If you find a better job go full speed ahead. Imagine if I was too scared of the risk of leaving my full time job? Or if I felt too stressed to leave the first part time job within just days of working there? I would still be there and likely not have had the same time and effort to grow my projects. That would have been placing the employer's feelings above mine. Fuck that.

So, what is the ideal part time job for you? Journal it. Write down what factors you want. For me the biggest thing was wanting longer shifts so that I would be going to the job less often and saving time, and also potentially having

downtime so that I could do my own work. I journaled these. I searched for them. I found the job.

If you don't outline exactly what you want you will likely end up some place else.

Great part time jobs for developing online projects (in my opinion) include security, receptionist/concierge, hotel staff, admin assistants.

Its hard to say because its not so much the type of role that is important here. You could have a security job that could be a lot of work and potentially dangerous. The correct way to find the ideal part time job is to go to every interview and check out the vibe. Does the interviewer seem laid back and doesn't really give a shit? This is what I would want. Do they look like some kind of busy body who would be ensuring maximum effort from you? Leave immediately.

Remember the purpose of why you are searching for these jobs. Refer back to your journal.

To keep your chances of getting the part time job as high as possible you of course don't want to fully disclose the exact requirements you want. No manager wants to hear that you want a job specifically because its easy or that it has downtime. You still have to play up to them in the correct way to ensure you get the position. And then start working on the projects during work time.

What's good about these part time jobs is that they are so easily replaceable. If your manager makes it clear you are not allowed to work on your projects on shift, leave. Seriously. These jobs are so damn easy to get you can keep hopping until you find the right one.

You might wonder how to get interviews and interest so easily. Lie. Lie on your CV and add at least a few months of relevant experience. They will never check it. And if they do, it doesn't matter because you can just block their number and move on to the next part time job that interests you. A great example of this was one of my friends. He sent out so many applications for basic part time jobs during our first year of university and barely ever got interviews. I was sure that once he got a couple of interviews booked, he would secure a job because I would teach him how to ace the interviews like I always do. But the poor guy barely ever got any contact apart from annoying recruiters trying to add him to their candidate list.

So we changed up his CV. Added 5 months of waiter experience for when he was applying to restaurant jobs. Added 3 months of café assistant work. He sent out more applications, received contact and booked 2 interviews for the same week. Went to the first interview and got offered the job there and then. He likely would not have even gotten the interview if it wasn't for us lying on the CV. His employer would never know nor would they actually care as all they want is a member of staff who can actually do the work.

#7 Online projects start bringing in income, reduce part time hours further (I am currently on 16 hours a week)

Congratulations. You have started to bring in a bit of income from your projects. You might get really excited to spend it on shit but remember what we said about lifestyle inflation? Don't be a consumer. In fact, it's your money, spend it on whatever the fuck you want to.

Step 7 assumes you want to use the additional online income properly and not just spend it on shit but it is really your choice. I would advise you to reduce your part time hours even further and make up the loss of earnings through your online income. This results in you having even more time and effort to put into developing your online projects and also having so much free time that you can even start new ones.

If you can reduce your job hours to just 16 a week you pretty much feel like you don't even have a job, just somewhere you go a couple times a week with your entire focus on your creations. Your health will undeniably improve. You and I both know for a fact that if you only worked 16 hours a week you would be exercising more, sleeping better, probably eating better. Your stress from juggling a job and your own projects would decrease. You would have more time for family and relationships and even more time for recreational fun.

The great thing about Step 7 is that by reducing your job hours further you get more time and energy for literally everything. Go and smoke weed once a week, guilt free. You've earned it. Enjoy that day of smashing out video games with your friends, you can finally afford to spend the time to enjoy these activities because you are actually achieving something.

You might even find yourself arguing against these recreational activities because they might seem unnecessary. You no longer have to recover from a

full time job and so the need for substances to alter reality drops. This is a great time to find some new hobbies that you enjoy. Its funny how the things most important to us only come having curing ourselves of the full time job virus.

At this point you should have a secure part time job which has extra benefits, working as low hours as possible for your wage + online income to cover expenses. You will likely stay working at this job for a while even whilst your online income grows as consistent income is a blessing due to the stress reduction effect that comes with it.

#8 Online projects get some popularity

At this point you are likely working a job less than 20 hours a week and have a pretty good work-life balance, new hobbies, more time for family, relationships, relaxing, waking up without an alarm clock. Life is pretty god damn great.

Keep at it.

You are responsible for your own actions. Do not stray from the success you have built. Do not increase spending. Keep at it.

Step 8 occurs due to consistent work and luck.

There I said it. It involves luck.

You might think you are unlucky. You are incorrect.

Luck is simply a % of something occurring. Here's the thing. The more time you spend doing something, the more that % grows.

Let's give you some practical examples so you can fully grasp it.

To make it easy to understand we will assume the chance to get viral is 0.1%

That means if you release one of your creations online, for example a music video, you have 1 in a 1000 chance of getting viral.

So... create 100 music videos and you have a 10% chance of getting viral.

500 music videos for a 50/50 chance of one of them popping off and you getting famous.

See how this works? Of course, the actual % chance to become viral is likely to be much lower than 0.1% however the same concept can be applied.

A great thing about this math is that we are only talking about the chance to get viral and become internet famous. What I haven't mentioned yet is that this act of increasing your % chance of getting viral also sets you up to do consistent quality work and therefore increasing your popularity and audience size overtime.

With every creation you release online, you increase your chance to get viral and retire as well as slowly increasing library of released online projects which entails a consistent increase in your follower count and income.

In Step 8 you should be working towards having a massive amount of creations online. Each creation you upload to the internet is another doorway for users to purchase your product, watch your video, read your book. Keep releasing more and more. With each new creation you will be developing your skills, creating better and better content.

I heard something interesting a while ago that suites this step. It was some kind of study on the quality of work between 2 groups. One group was asked to make one video (I don't remember if it was videos but the example works) of the absolute best quality they could make. The second group were asked to create as many videos as they could make.

Essentially comparing quality vs quantity.

The second group not only made a huge collection of videos but their latest creations were better quality than the one video the first group made. This is due to humans learning effectively through iteration. We replicate behaviours extremely quickly. Once you have learnt the process of something, you can generally do the same thing much, much faster. With each new video the second group were learning new things.

This example works perfect because on the internet quantity is so much more important than quality. So much quality content is forgotten or never even viewed due to the nature of social media. But, if you have hundreds of videos online, chances are at least a couple of them would have much more success.

Just to make this clear, I am literally saying QUANTITY is more important than quality in the case for online projects. You should be aiming for a large number of creations released and with the act of repeating the process many times you will learn new things and streamline a process that works efficiently for you.

#9 Leave the part time job and focus all efforts on online projects

And there we go. From a full time wage slave to officially becoming whatever you set out to do. At this point you are a writer, content creator, motivator, whatever your project is. You no longer trade time for money and instead create things for the population to view and pay you for.

When your online project income starts consistently bringing an amount you can rely on, for example, if your expenses are £1500 a month, quit your part time job when you are bringing in £1500 a month consistently online.

Or...

Take a bigger risk and get to this step much quicker.

Instead of working and waiting until you get to the £1500 a month from online income, invoke lifestyle deflation by leaving your job early before you reach this point. That way you will be forced to lower your expenses to what money you have available and with that, be fully self employed. You will have 100% of your time for your online projects.

This is what I did to reduce my hours. I did not wait for my projects to be bringing an income similar to my employment wage because quite frankly that could take years. So I instantly reduced my hours and with that reduced my wage to just £570 a month and just 'made it work'. I was then able to spend so much more time on my projects than if I played safe and continued working a job.

Chapter 3

Still unconvinced?

For those who may feel hesitant to commit to a journey like this, I assume it is due to the risk involved.

How will you manage?

Remember the main symptom of the full time job virus is consumerism. This is due to the fact that when humans spend all their time and energy on someone else for a wage, they feel an immense urge to spend that money on things that negate the shittiness of their lives. Think about people in sales type jobs like recruitment who flash their expensive watches and cars and boast about how much they spent on their 1 week holiday to Ibiza. What you are seeing is lifestyle inflation.

When you think about it like this it just seems so obvious. It is almost a guarantee that working and living undesirably for money means you will spend that money. Of course you would. Every fucker says they would invest or save more if they earned more money but again, the statistics prove otherwise. You

will not save or invest a significant amount more because you will spend more just like the rest of us brainwashed rats.

This is why in a weird way, this journey actually has such minimal risk. When we substitute a flat wage for more time and effort into our own projects, lifestyle deflation instantly makes us spend less simply because we have less money to spend. That is a good thing.

In case you need to hear this breaking news, money and things don't make us happy. If you are childish enough to believe a certain amount of money or items would make you happy you are in for a depressing time, literally trading your life for money so that you can flash your new iPhone at your co-workers who don't give a shit.

You know what makes humans happy? Freedom. Power to control our own lives.

Money = Freedom

Money = Power

Do not trade your freedom and power in this world to be a consumer.

Here's the thing. It's so damn hard to not be a consumer. It's all around us. To improve in this area, it's very difficult. Would you actually say no to meeting a potential partner for a date because you don't want to spend the £30 for the night? Would you skip a night out with old friends because alcohol and club entry are expensive?

Honestly? No. Neither would I.

You see its very hard, especially for social people, to reduce consumerism. Our lives revolve around making money and then spending that money.

When we have money and opportunities to spend a small amount of it, we spend it. It almost seems pointless not to spend money on something like a social occasion because it requires quite a great deal of self-control and then we have to sit by ourselves like a loser, seeing everyone have fun without us, not feeling glad we have that £30 in our bank accounts.

This is why lifestyle deflation is so damn important it's surprising no one is talking about it. By leaving your full time job with a set wage, you instantly reduce your wage for potential future freedom and power to control your life. Because of the instantly reduced wage, we instantly spend less because we have less money to spend. Suddenly its not hard to say no to spending because we just don't have the money for it. Experiencing this is like a detox. We get rid of that nasty shit in our lives and no longer have massive urges and forever contemplating to spend money on pointless shit. We simply don't have the money to spend so we focus our efforts elsewhere, and that is when we become creative.

You see when we actually have the money to spend and weekends to recover from work, it's almost a requirement to get some kind of substance in our body to counteract how shitty the work week was and also because we fear Mondays.

Substances cost money and likely take us away from other goals we had.

Going through this journey might seem so much more risky than your full time job but is it actually? Are jobs not risky? Is there no chance at all for you to be

fucked over and lose promotions, get sick and lose your wage, lose your job? Of course there is. Risk is all around us. What matters is what risk we choose to take.

Pick someone around 40-50 years old who has been working since high school. Full time job after full time job. They have likely had moments of working two jobs at once too. Ask them how much they have in their bank accounts right now. They do not have anywhere close to £10,000 and I can guarantee you that.

You know why? Because working full time is not a means to be able to save up. Due to experiencing lifestyle inflation with the full time wage, it is absolutely impossible to save up for long enough to actually accumulate a consistent level of wealth. You will spend it. Fact. As you move up the corporate ladder, so does your expenses. New position? New car. New job? New house. What a shame these people have worked for over 20 years straight putting in back breaking hours and all they have to show for it is under £1000 and the fact that they 'got through' the 20 years. What the fuck. What a shitty life. Grinding away just to... live? Living to work. Working to spend money so that they can continue living to work. A fucking mindfuck.

Have respect for yourself and do not go down this route.

Chapter 4

Quick Review

Pick one of two choices:

Choice 1:

Continue working full time jobs till retirement. Often having stress due to losing jobs, not being able to afford the mortgage, not having enough money for little Sarah's Christmas presents so you need to get a second job 2 days a week. Counteract long and brain numbing work weeks with substances and excess spending to negate the shittiness of your life with an annual trip to Spain or some shit being the height of your life. Do this until age 75. Survive.

Choice 2:

Plan your journey. Replace full time job for part time. Instantly have more time but less money. Make up the difference through online projects. Develop new skills and hobbies and good relations due to extra time. Spend a whole lot of time broke. Experience lifestyle deflation. Avoid consumerism. Improve health due to less stress. Focus on yourself. Create what you want. Slowly make money from your creations. Slowly drop your job hours. Eventually quit your part time job and commit to your projects full time. That is now your 'job' but you control the atmosphere. Wake up at whatever time you want. Work wherever you want. Create new projects. Thrive.