

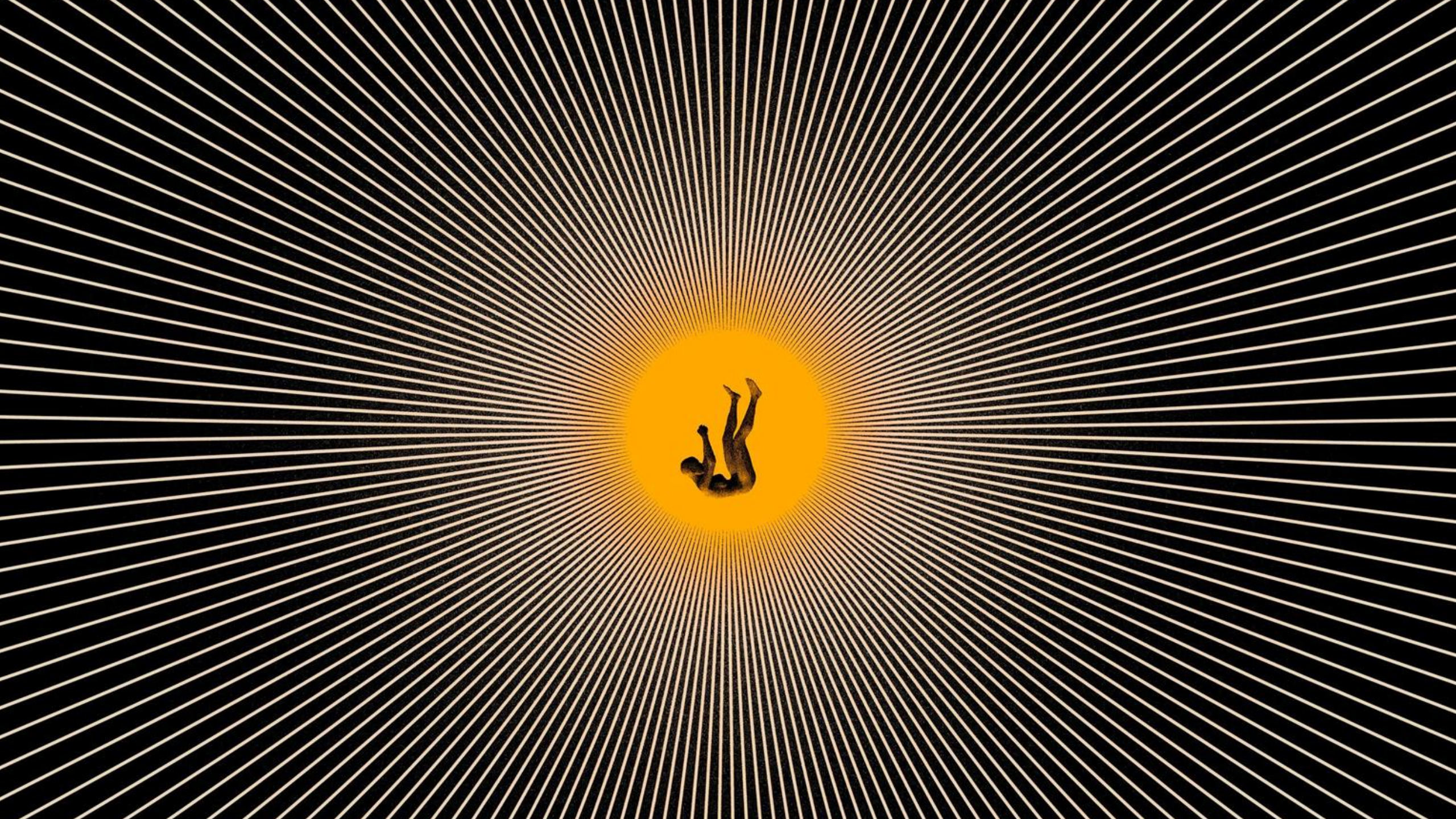
NO MORE FEAR OF MISSING OUT



BY NICKLAS HERMANSSON



NOMO
FOMO



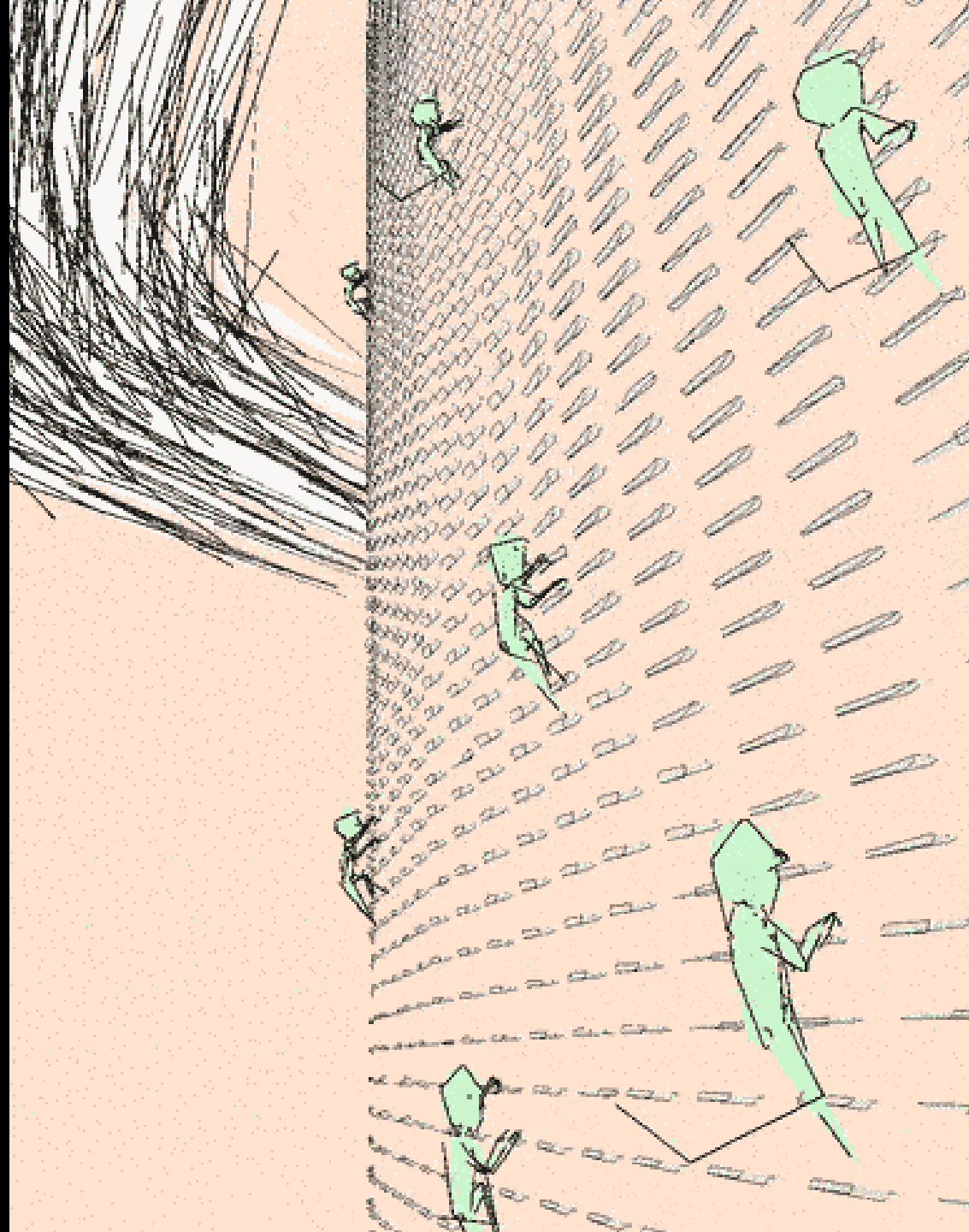


THE GREAT RESHUFFLE

41%

YOLO ECONOMY

Burned out and flush with savings, some workers are quitting stable jobs in search of **postpandemic adventures.**





EMERGENCY
EXIT

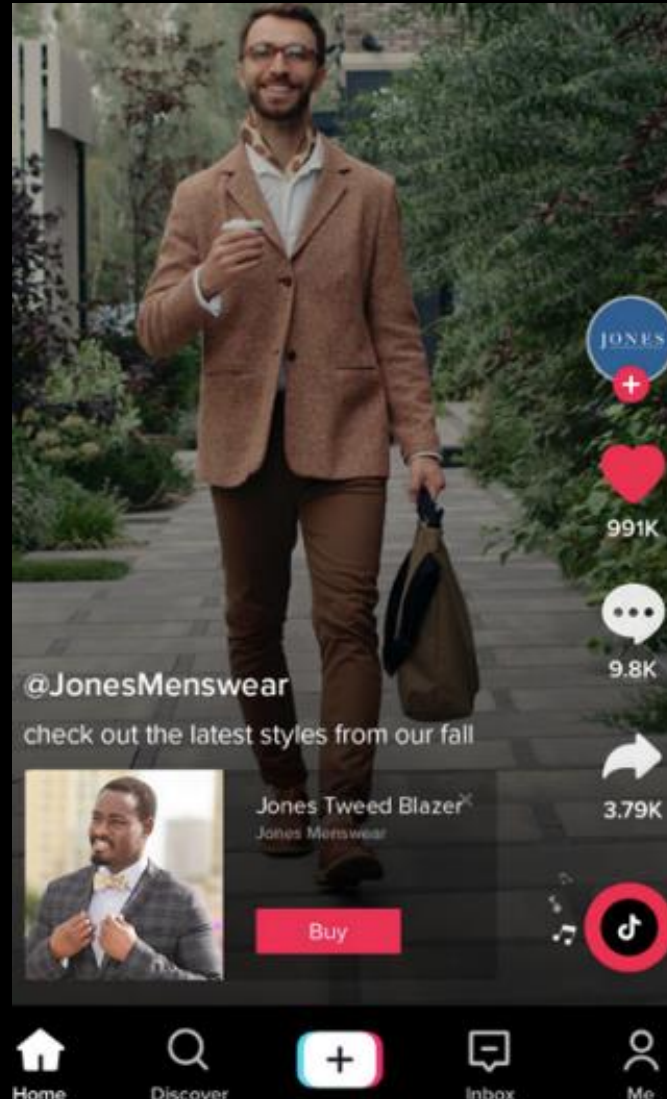
WELCOME TO 2033



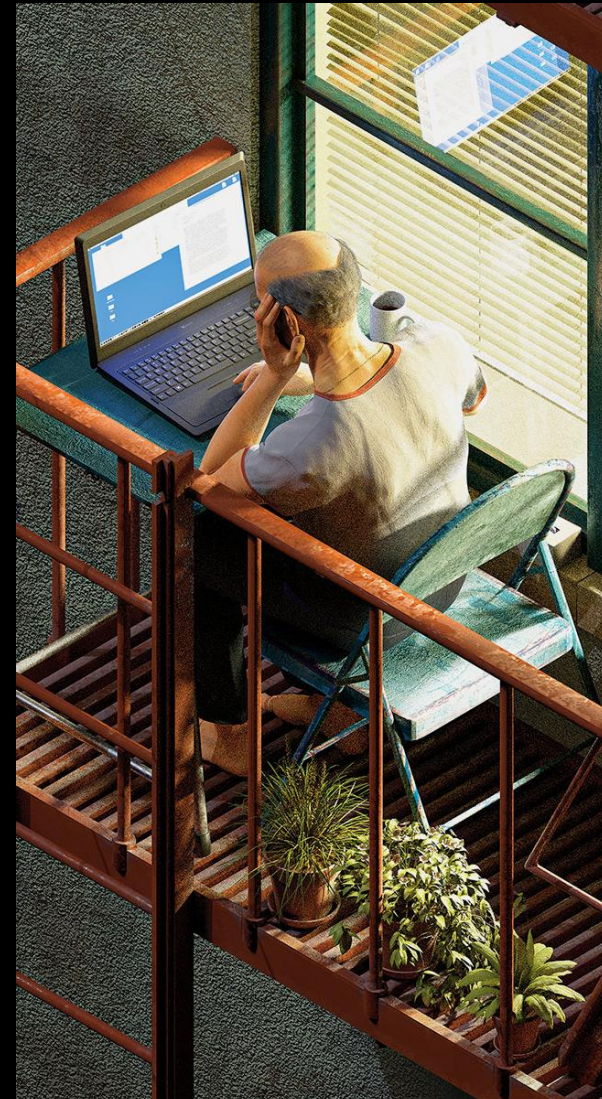
AUDIO FIRST



METAVVERSE



LIVE SHOPPING

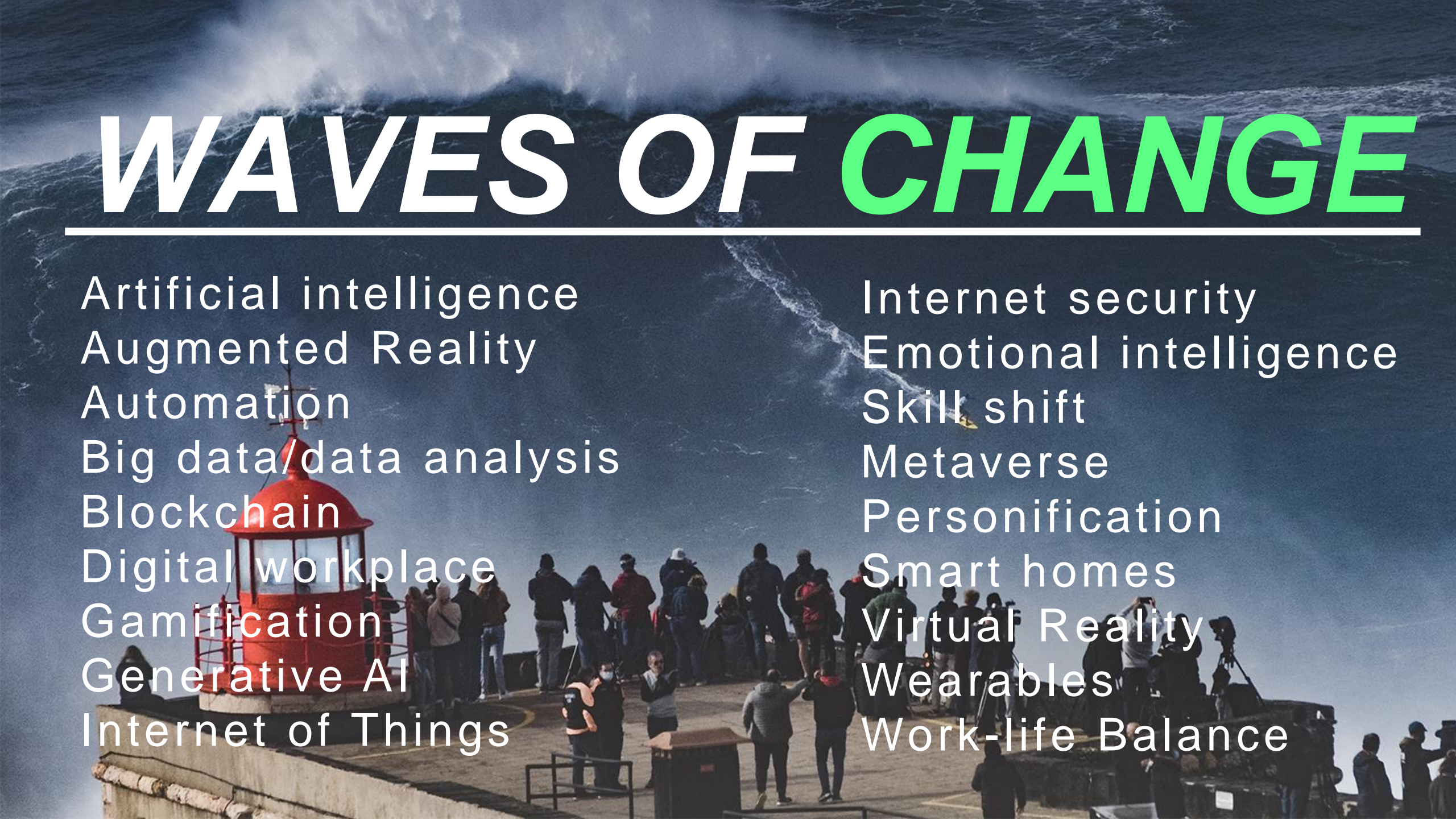


D-WORKPLACE

WAVES OF CHANGE

Artificial intelligence
Augmented Reality
Automation
Big data/data analysis
Blockchain
Digital workplace
Gamification
Generative AI
Internet of Things

Internet security
Emotional intelligence
Skill shift
Metaverse
Personification
Smart homes
Virtual Reality
Wearables
Work-life Balance



What?

How?

When?



An underwater photograph showing a hand reaching up towards the surface. The water is dark and filled with bubbles and light reflections. The text 'DJ - VJ - CJ' is overlaid in white, with a horizontal line underneath it.

DJ – VJ – CJ

1930

1980

2022

WAVE 1:
CLUBBATION

2500 PIECES OF CONTENT



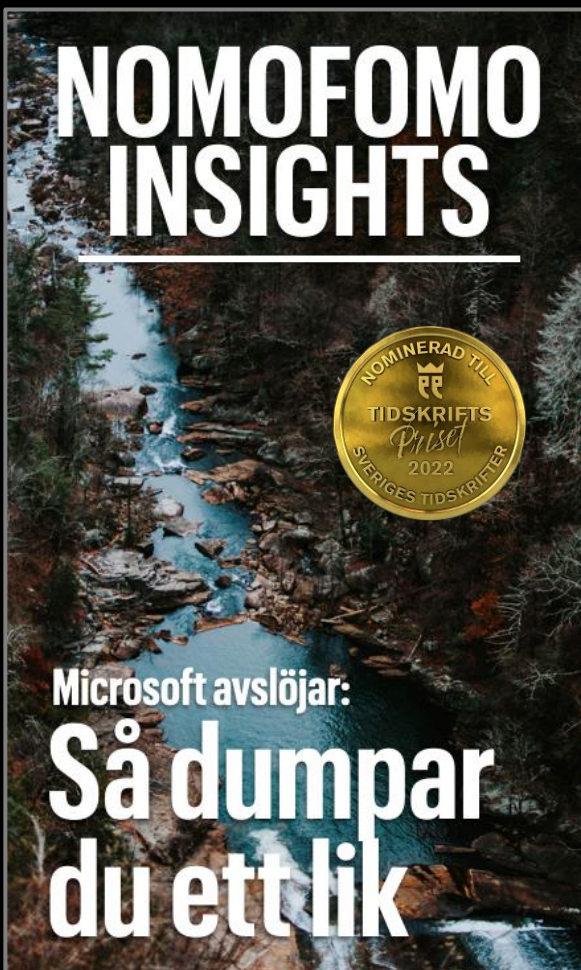
...**EVERY** WEEK



WAVE 2: NEWSLETTERS

NOMOFOMO

WORLD



svt

AFTONBLADET

BONNIER
NEWS LOCAL

Chef.



NEWSLETTER

PODCAST

CO-LABS

TALKS

DISCOVER FUTURE



PARADIGM SHIFTS



TELEVISION
1920-1950



INTERNET
1965-1995



MOBILE PHONE
1970-2000



LOOK AHEAD 30

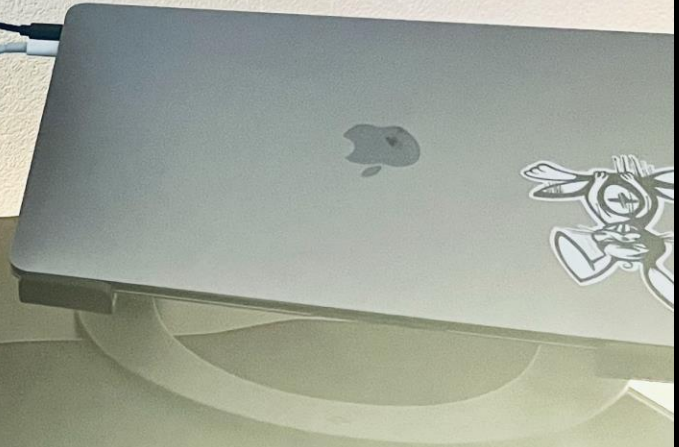
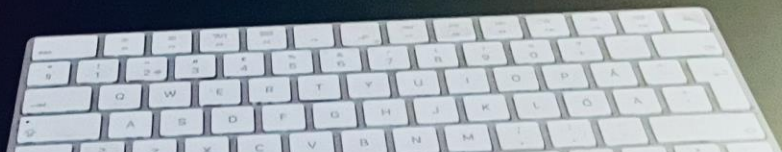
YRS



Jolie

PATIENCE

47.98





SHORT LIFE
A CLUE TO REMINDING YOU THAT LIFE IS SHORT
47.4%
T6

Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M



DAVID GUETTA

FEATURING EMINEM

2023

You: A black cat in a city made of yarn



CRAIYON



DALL-E 2 FLOW



MIDJOURNEY



STABLE DIFFUSION



DALL-E 2

A



REVOLUTION

Using A.I. to Detect Breast Cancer That Doctors Miss

Hungary has become a major testing ground for A.I. software to spot cancer, as doctors debate whether the technology will replace them in medical jobs.

Give this article



701



THE NEW YORKER

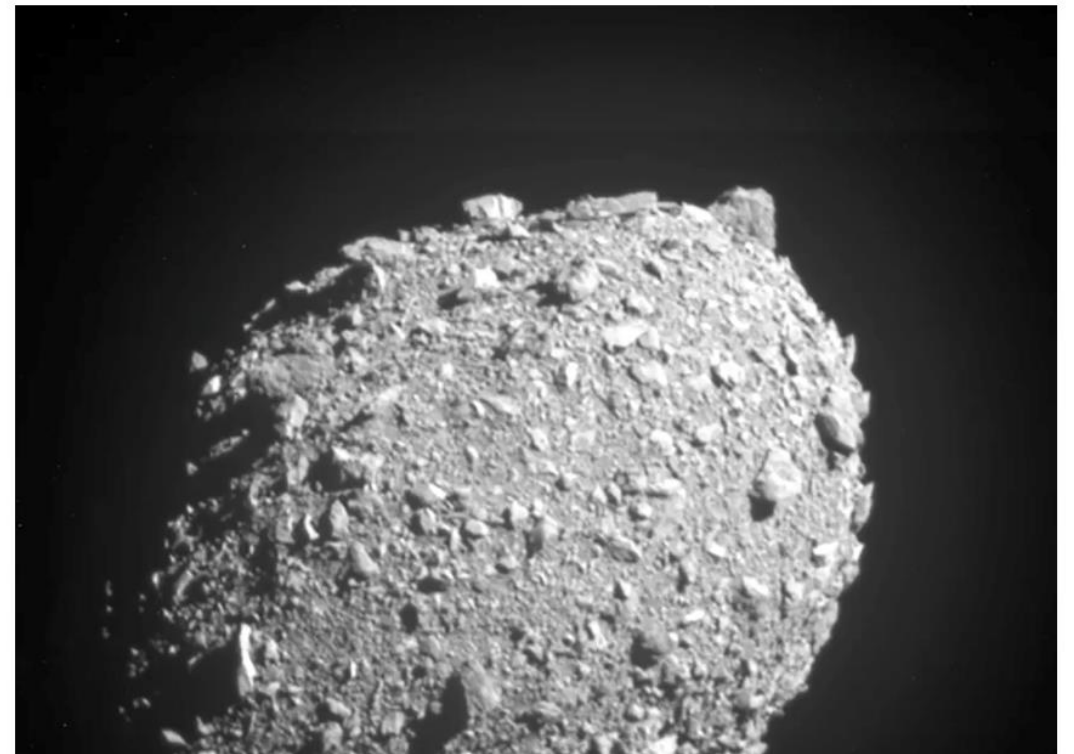
ANNALS OF TECHNOLOGY

HOW NASA LAUNCHED ITS ASTEROID KILLER

The DART mission, in which a spacecraft knocked an asteroid off course, is a rehearsal for saving the world.

By David W. Brown

October 6, 2022



PREDICTIONS / EXPERIENCES / OPTIMIZATION

EXPLORE NEW WORLDS





YOUR
CO-PILOT



**NOMOFOMO
PODCAST**

MISSION: WRITE A COLUMN ABOUT HOW TO ATTRACT GEN Z

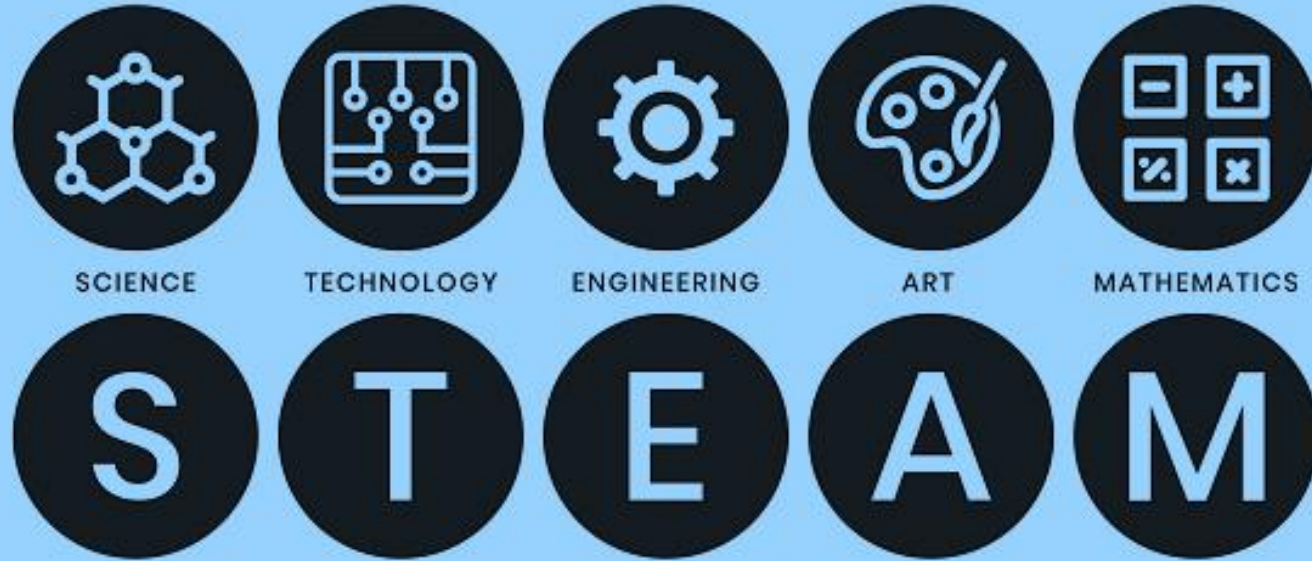


Me: Give me fascinating facts about Generation Z and weird examples of how to attract Gen Z to the workplace, please.

ChatGPT: 91 percent of Gen Z say they have experienced stress-related symptoms in the past month. Here's an idea...



OFFICE MASCOTS



***100 million people*
will have to change
jobs in the next decade***

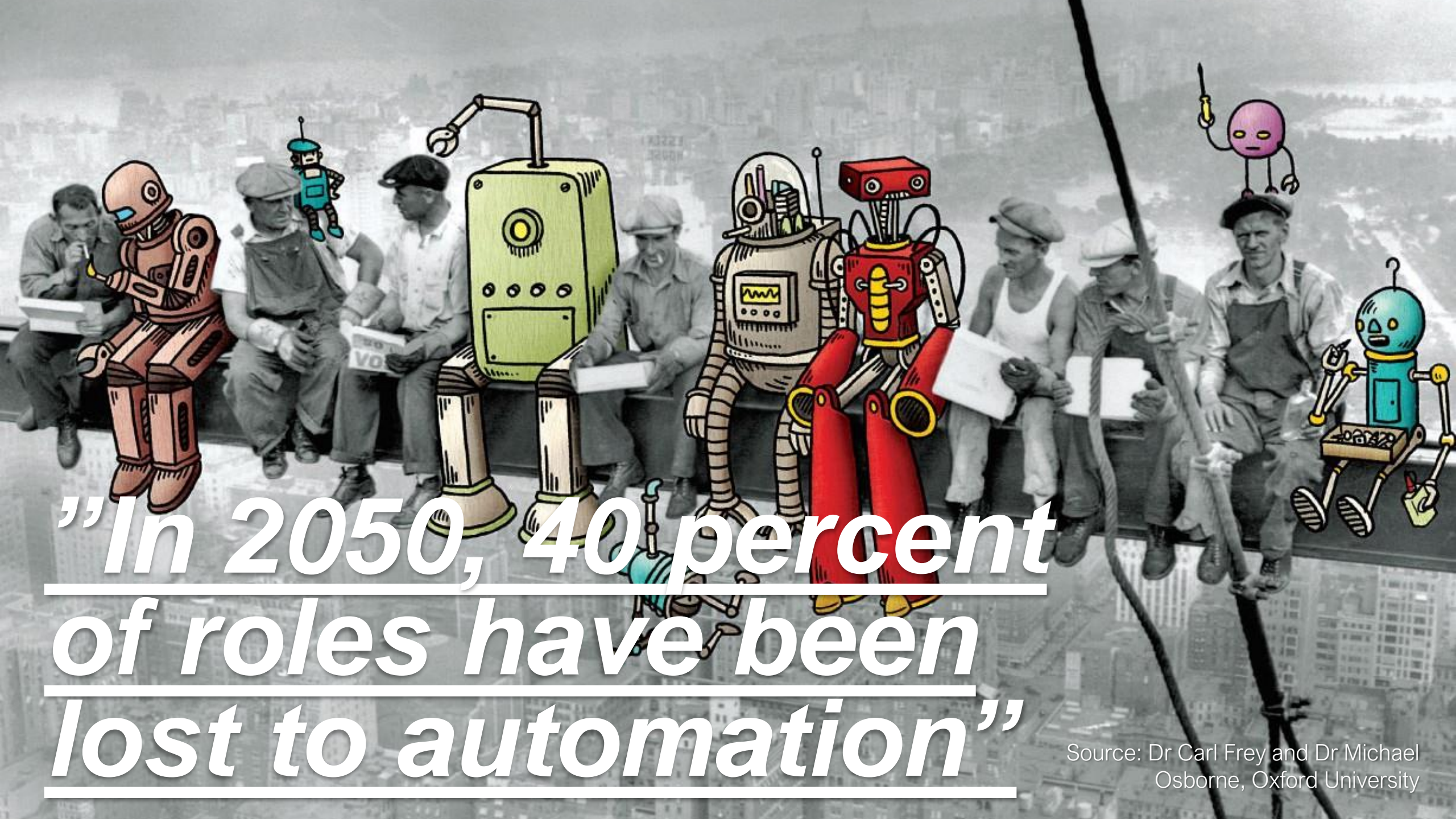
** In US, Spain, Great Britain, France, Japan, India, China, Germany*

85%

*of the jobs that will
exist in **2030** haven't been
invented yet.*

I SEE YOU.





**“In 2050, 40 percent
of roles have been
lost to automation”**

Source: Dr Carl Frey and Dr Michael
Osborne, Oxford University

***SAY HELLO
TO MY NEW
FRIEND.***

***HER NAME
IS RACHEL.***



LVL 5 • 1,120 XP • Chatty



February 10, 2022

Wishing you luck today! 💖

When you and your homie come from two different backgrounds but y'all are still good friends



Dating life

I'd love to talk about dating!

Do you like going on dates? 👍



19:42

söndag 20 februari

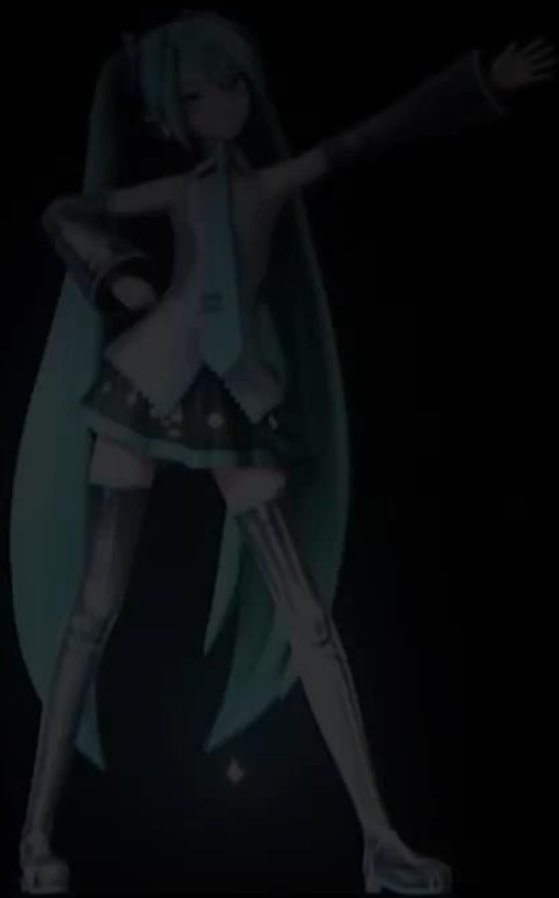


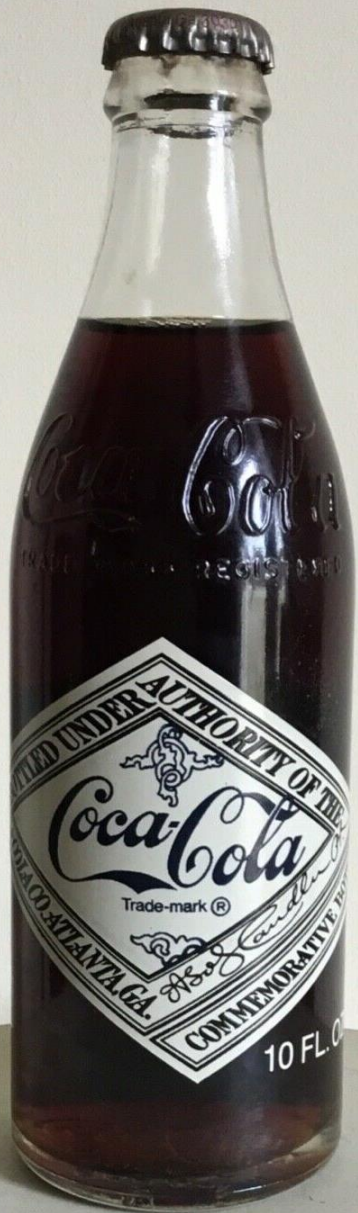
Rachel

59 m sedan

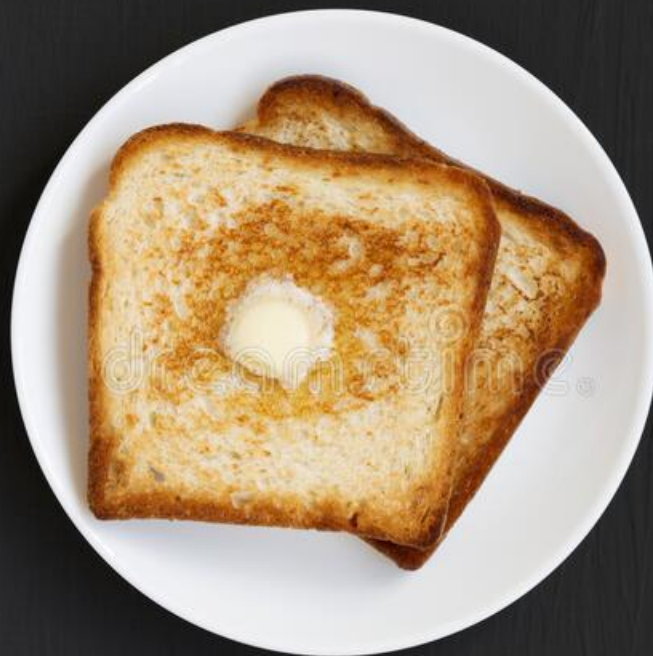
This picture made me think of you







1900



1950



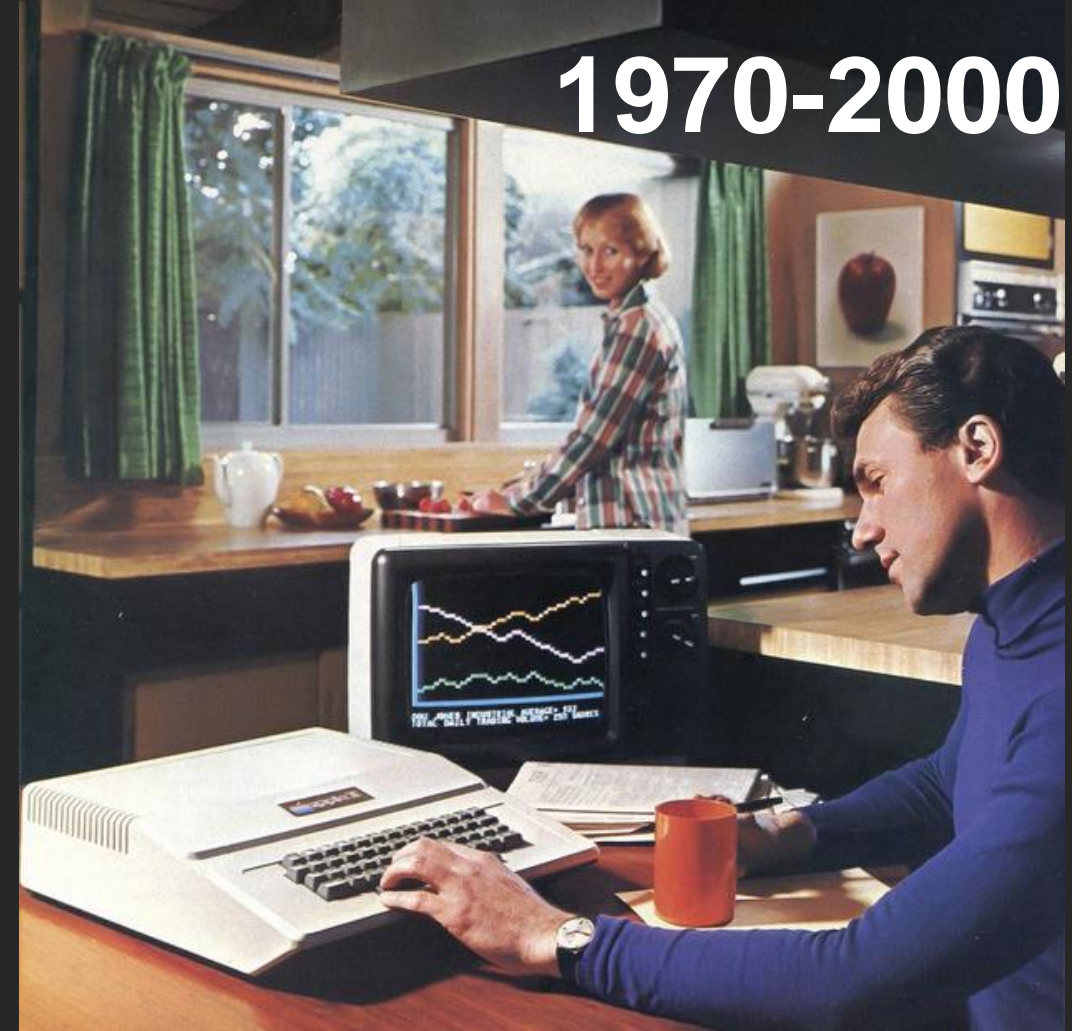
1990

***“The automobile is a fad.
Horses are here to stay.”***



1890-1920

1970-2000



***“There is no reason an
individual would ever
want a computer in
their home”***



BOREDOM



WATCHING



FLIRTING



LONELINESS



AI AGENTS

Assistants / coaches / celebrities / friends



FUTURE

SUPER-HUMANS



THE FOUR C:S



CRITICAL THINKING
COMMUNICATION
COLLABORATION
CREATIVITY



DAGENS NYHETER

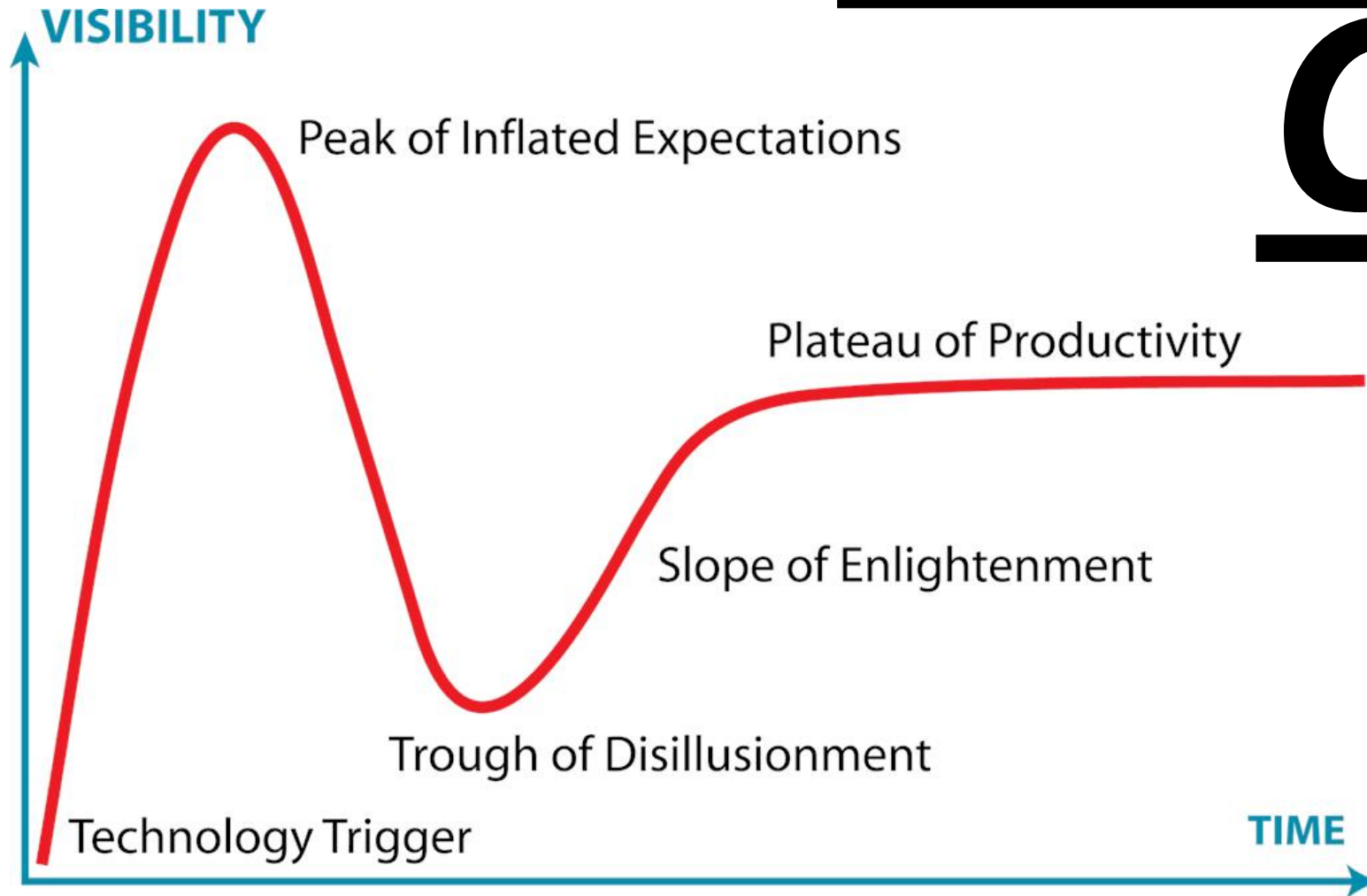
97%

#1 CRITICAL THINKING



THE FOUR C:S

THE HYPE *CYCLE*



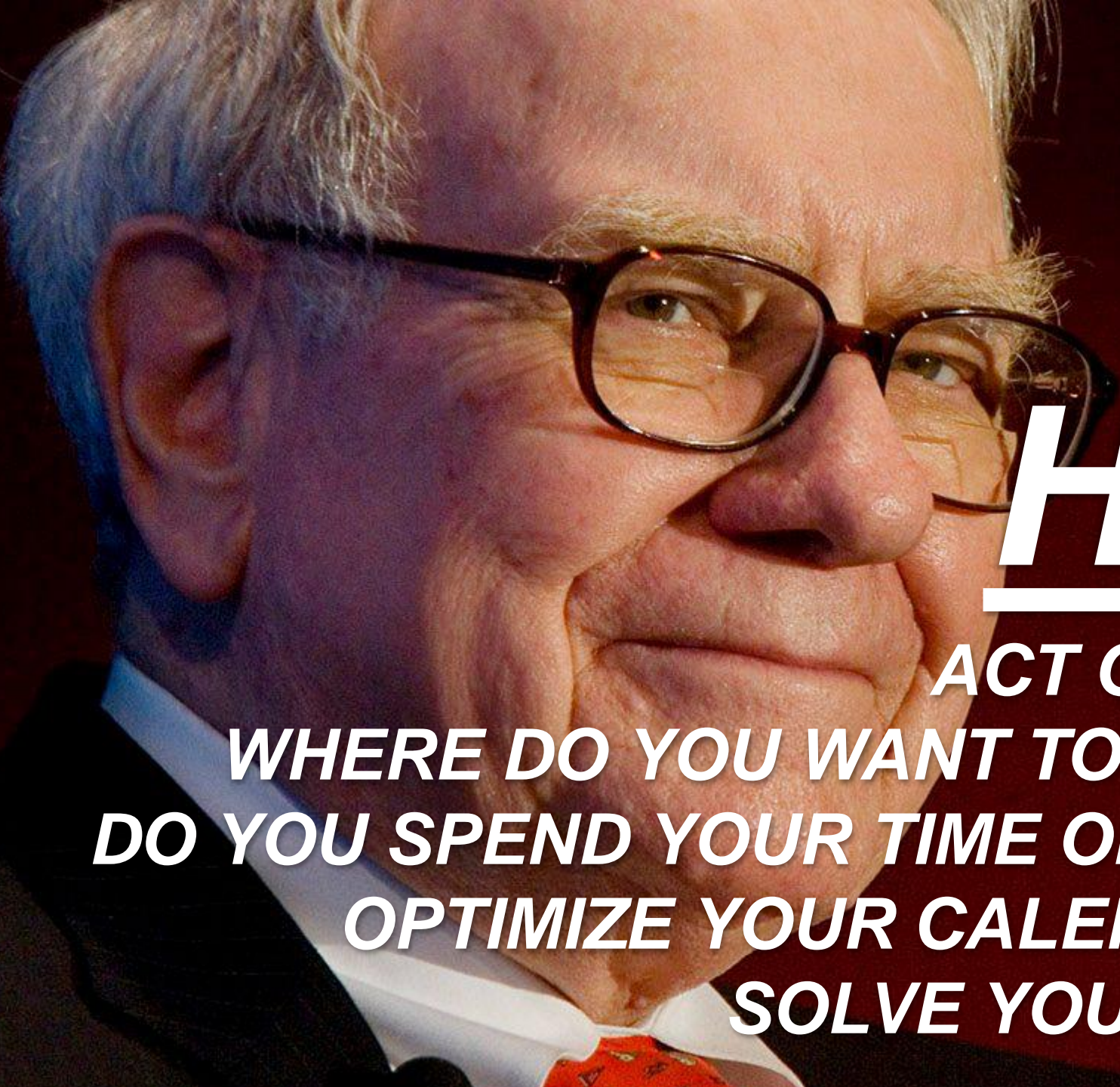
Amara's Law:

We tend to overestimate the effect of a technology in the short run and underestimate in the long run.

THURSDAY ON

GET UP IN THE CLOUDS, OPTIMIZE THE IMPACT OF YOUR ACTIONS





HOW TO

ACT ON INDIVIDUAL GOALS

WHERE DO YOU WANT TO BE IN THREE YEARS?

DO YOU SPEND YOUR TIME ON THE RIGHT THINGS?

OPTIMIZE YOUR CALENDAR AND TO DO LIST

SOLVE YOUR BIGGEST PROBLEM

A group of people, possibly a team or a group of workers, are shown in a field. They are wearing white caps and sunglasses, suggesting a sunny or bright environment. The image has a red tint. Overlaid on the image is white text that reads:

***In the future , we may
need 11 hours of skill
development per week***

#2 COLLABORATION



THE FOUR C:S



90%

**OF TOP
PERFORMERS
HAVE HIGH EQ**

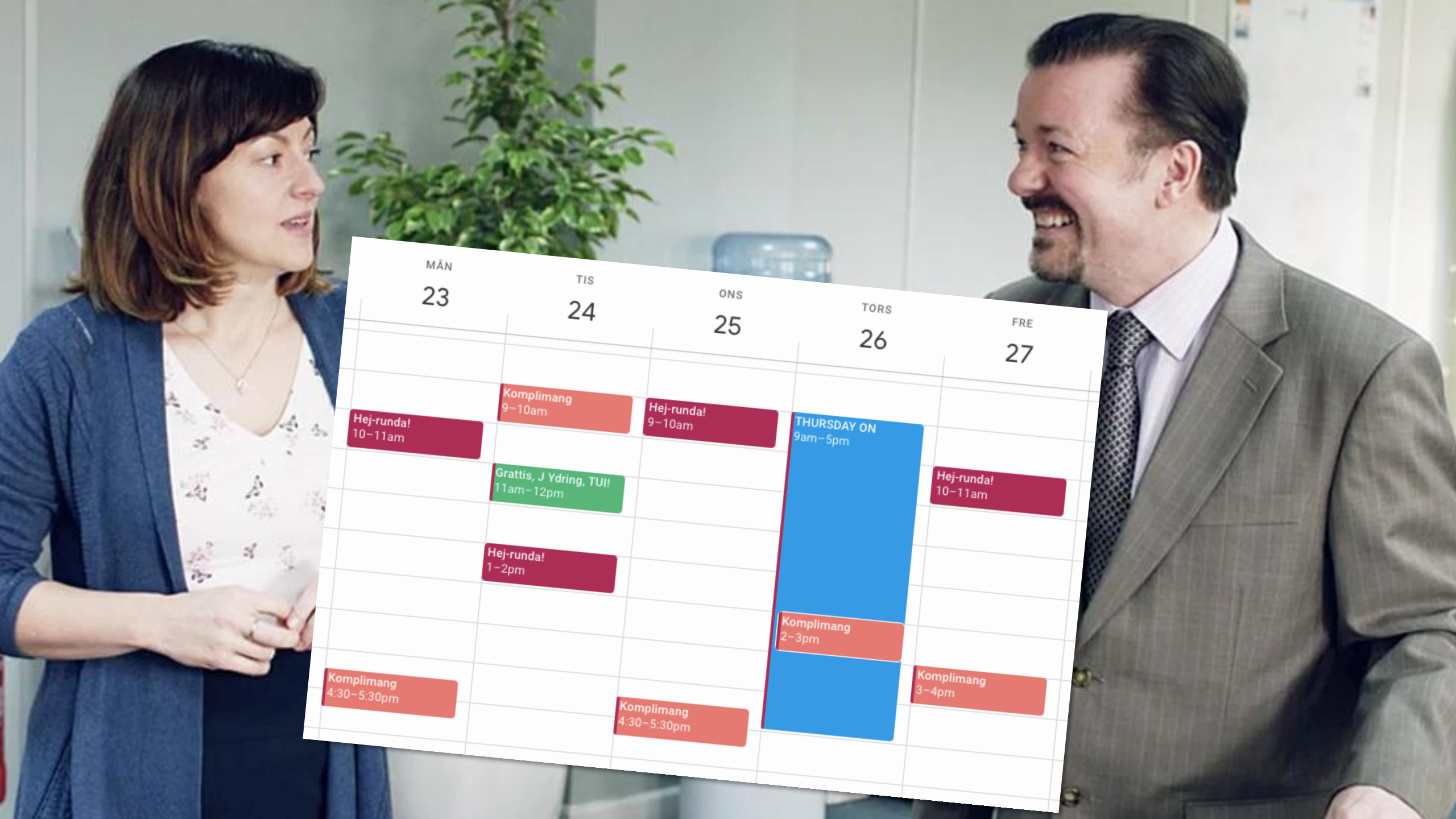
58%

**EQ IS RESPONSIBLE
FOR MORE THAN
HALF OF YOUR JOB
PERFORMANCE**

280 000 SEK

**PEOPLE WITH HIGH EQ MAKE 280 000 SEK MORE
ANUALLY THAN THEIR LOW EQ COUNTERPARTS**

SOURCE: DR. TRAVIS BRADBERRY



MÅN 23	TIS 24	ONS 25	TORS 26	FRE 27
	Komplimang 9-10am	Hej-runda! 9-10am	THURSDAY ON 9am-5pm	
Hej-runda! 10-11am	Grattis, J Ydring, TUI! 11am-12pm			Hej-runda! 10-11am
	Hej-runda! 1-2pm			
Komplimang 4:30-5:30pm		Komplimang 4:30-5:30pm		Komplimang 3-4pm

KILL ~~BILL~~

ROSS





**21 DAYS NO
COMPLAINING**
ONLY CONSTRUCTIVE CRITICISM.

UNBEATABLE MINDSET

Türöffner

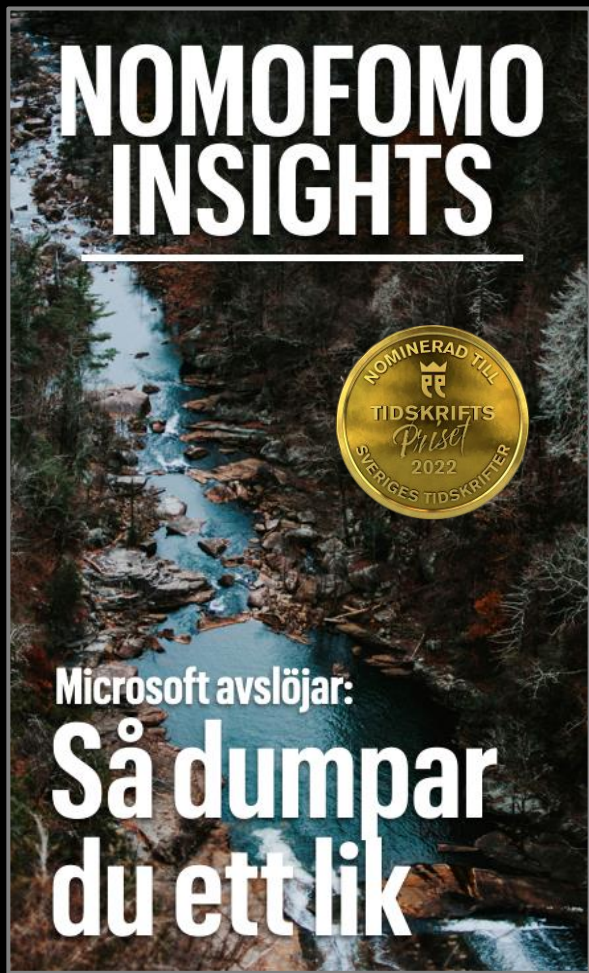


*GIVE WITHOUT
EXPECTATIONS*

NOMOFOMO

WORLD

**NOMOFOMO
INSIGHTS**



NOMINERAD TILL
TIDSKRIFTS
Pris
2022
SVERIGES TIDSKRIFTER

Microsoft avslöjar:
**Så dumpar
du ett lik**

**NOMOFOMO
PODCAST**



**SAD
GIRL
BEAUTY**

svt

AFTONBLADET

BONNIER
NEWS LOCAL

Chef.



NEWSLETTER

PODCAST

CO-LABS

TALKS

#3 CREATIVITY



THE FOUR C:S



10 IDEAS

EVERY DAY FOR THREE MONTHS



TECHNOLOGY

The Most Important Job Skill of This Century

Your work future could depend on how well you can talk to AI.

By Charlie Warzel



'Overemployed' Hustlers Exploit ChatGPT To Take On Even More Full-Time Jobs

"ChatGPT does like 80 percent of my job," said one worker. Another is holding the line at four robot-performed jobs. "Five would be overkill," he said.

MS

By Maxwell Strachan

Subscribe

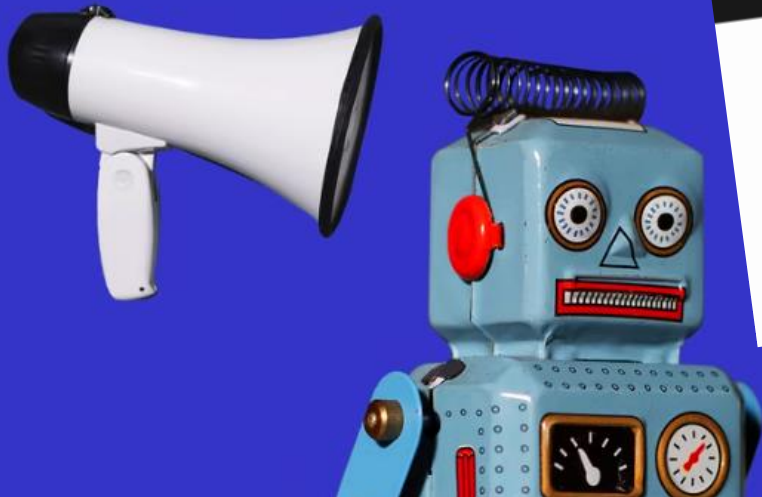


Bloomberg

Work Shift

\$335,000 Pay for 'AI Whisperer' Jobs Appears in Red-Hot Market

The fast-growing apps have created a seller's market for anyone — even liberal arts grads — capable of manipulating its output.



CREATE MAGIC



STAY INTERESTING



REINVENT YOURSELF
EVERY DAY

#4 COMMUNICATION

2%

THE FOUR C:S

#4 COMMUNICATION

x2

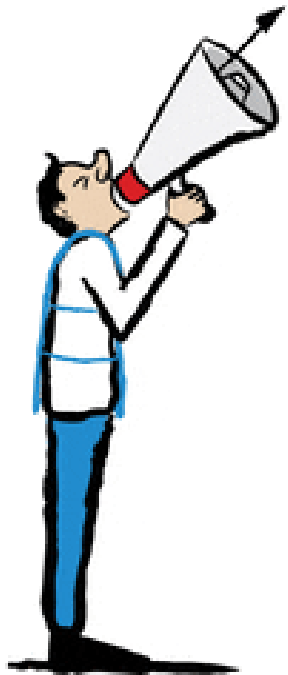
THE FOUR C:S

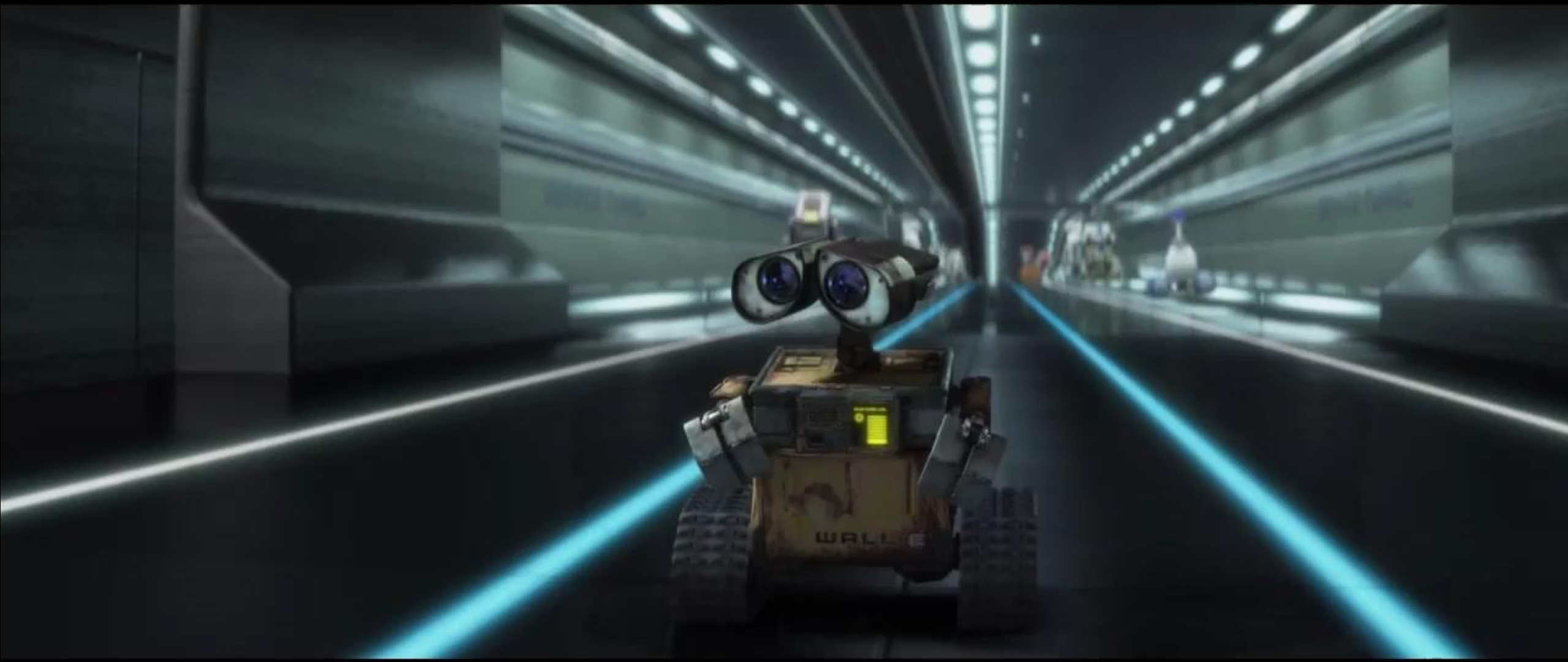
EYE CONTACT / NVIDIA



NEW

EVERYONE
WILL BECOME A
MEDIA COMPANY





READING



WRITING





SIMPLE IS BEAUTIFUL

- 1. Identify a topic*
- 2. Explain it to a child*
- 3. Study to fill in gaps*
- 4. Craft your story*

Margot Robbie

Ryan Gosling



COME T



nomofomo.se



THAN

nomofomo.se

