About Real Life?

Perky's HELP

The Paradoxical Pursuit
You know what's weird? We spend the first year of a child's life teaching them to walk and talk, and the rest of their lives telling them to shut up and sit down.

The Alcoholic Alter Ego
Just had a chat with my inner self at the pub! Inner Self: "I'm not an alcoholic, I'm allergic to sobriety!"

Crust Control
Who else's self-control does a disappearing act when pizza is involved?

The Blame Game
Who needs personal responsibility? I blame the coffee machine for my mood, the weather for my traffic jam, and my Wi-Fi for everything else!

The Procrastination Pro
Who needs productivity when you can schedule procrastination? My skills are

- avoiding tasks
- perfecting excuses
- scheduling downtime

The Unrecognised Genius
Employers want creativity, right? So, I suggested a nap room. They said, 'Innovative, but not quite.' Now, I'm adapting – to unemployment.

The Planner's Dilemma
Who else spends more time

- planning workouts rather than working out?
- researching productivity rather than being productive?

Does the loudest voice ignite progress or drown potential?

Couch Potato Goals
I set goals, but my settee has other plans.

The Culinary Conundrum
Does anyone else turn making decisions about dinner into philosophical dilemmas?

The Excuse Expert
I'm not procrastinating, I'm just cataloguing my excuses.

The Leader's Lexicon
Leadership 101: Delegate, dictate, dream.

The Shame Spiral
Shame: the keeper of the most embarrassing moments.