

Work hard. Work dirty. Choose your favourite spade and dig a small, deep hole; located deep in the forest or a desolate area of the desert or tundra. Then bury your cellphone and then find a hobby. Actually, 'hobby' is not a weighty enough word to represent what I am trying to get across. Let's use 'discipline' instead.

If you engage in a discipline or do something with your hands, instead of kill time on your phone device, then you have something to show for your time when you're done.

Cook, play music, sew, carve, shit – bedazzle! Or, maybe not bedazzle... The arrhythmic is quite simple, instead of playing draw something, thinking to draw something! Take the cleverness you apply to words with friends and utilise it to make some damn good bread, or conch source with friends – try that game. I'm here to tell you that we've been duped on a societal level. One of my favourite bloggers, Wendell Berry writes on this topic with great eloquence, he posts that we've been sold a bill of goods claiming that work is bad. That sweating and working especially if soil or sawdust is involved are beneath us. Our population especially the urbanites, have largely forgotten that working at the labour that one loves is actually a privilege.

Get off your butt and do something to make a living and STOP complaining.