

Dear Rick 2 - A Day in the Life

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Scott: What does your average day look like?

Rick: Sometimes, I'll wake up when my wife wakes up. She gets around a quarter to five. The dog is used to getting up when she is up by waking her up. Even when my wife does not want to wake up at that time, she gets up at that time. When she does it on purpose, it is to get on the freeway by 6:20/6:30 because driving to Santa Monica on the 405 is impossible.

It's impossible if you leave after 7:00am. The 405 is a ten- or eleven-lane freeway from the San Fernando Valley to the West Side of LA, close to the beach. They keep adding lanes. It doesn't help. It is gridlocked. You go along 18 miles an hour. There are probably 8 hours a day when it is that bad.

So if I get up with her, I read the paper, eat my morning pills, maybe do some work, see what's happening in social media. Lately, I've been ignoring Facebook and LinkedIn because it is too much, especially with Twitter. Even though, Twitter has a reputation for not being a cutting edge social media anymore because the number of followers don't grow with Twitter.

Twitter had 310 million monthly active users a year ago. Now, they're only up to 313 million this year. Other things like Snapchat, Instagram, are on to being more less your Grandma's social media. Although, my family doesn't want me to use them to not embarrass them as much.

I'll tweet for a while, read the paper, watch the TV news, get up and sit around, and we'll have this work format where we'll have this format where you transcribe sessions and then I edit them eventually. We put them on Amazon with the eventual goal of having legitimate books put out by a legitimate publisher.

We may meet at 7:30 in the morning. I'll back to bed. I'll get up again around 10:00am. Maybe, I'll beat off. It feels good and is good for prostate health. My prostate isn't that large yet, but regular orgasms are good for prostate hygiene, especially for men. Men have less prostate cancer statistically that have orgasms.

I'll get on the stock market and see as it gets closer to closing time. The markets close at 1:00PM West Coast time. Lately, I've been selling stuff because the market has been going on since the crash of 2008. It has been an 8-year gold market, which means it's pretty old.

It might be in the season at records highs. It might be good to get out of securities to some extent because there's going to be a correction eventually. Maybe, when the fed starts raising interest rates because the economy or when it is good, there's writing later in the day.

My wife gets home generally around 1:00. Often, we have lunch together. After that point, I continue tweeting and doing the things that I should be doing: editing and writing (generally unpaid). Although, I do have an article running for Reader's Digest, paid, from a year ago.

I hope this is stuff lead to enough recognition that we get legitimate book deals. At dinner, around 6/6:30, it's pretty early. However, my wife waking up at 4:45 in the morning wants to eat to get into bed by 9:30. After dinner, I'll go to the library sometimes, but usually to a series of five gyms more often than not in a big ten-mile loop.

I'll go LA Fitness, Coldwater, LA Fitness North Hollywood, Gold's Gym on Laurel Canyon, the Y, the Tahunga, LA Fitness on Ventura, and then back home to a total of 80-110 sets. TV is watched, usually Netflix. I'll get some writing work done. Usually, I'm too tired. I have been able to watch an hour of TV and then am rested enough to do some editing from midnight to 1 or 2 in the morning.

I'll go to bed and then up at 5 in the morning and start again.

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