

Brent M. Wiggins

2294 Milltowne Way, Lake Mary, FL 32746 · (407) 488-4628

brentmwiggins@gmail.com · [Academia.edu](https://www.academia.edu/) · [LinkedIn](https://www.linkedin.com/in/brentmwiggins/) · [wigginswords.com](https://www.wigginswords.com)

PROFESSIONAL SUMMARY

Author, educator, and copywriter with multi-industry, professional writing experience. Specializes in copy editing, print and digital marketing, and SEO. Adaptable, disciplined, and goal-oriented writer of concise, clear, and creative copy, promoting brand awareness and achievable solutions. Looking for copywriting, editing, and marketing ventures in the education, entertainment, and technology sectors.

EXPERIENCE

Educator

Language Arts Teacher at Wolf Lake Middle School (Feb 2020 – July 2021)

- Improved 124 students' grade level proficiency from 70% to 94% in reading and writing.

Huntington Learning Center | Parliament Tutors | Tutor Doctor (Sept 2021 – Present)

Media

Senior Creative Copywriter at Designity (July 2022 – Present)

- Composed blogs, emails, infographics, and social media posts for a six-month campaign about AI (automation, cloud technology, telecommunications) for Avaya and ConvergeOne.

Copywriter and Social Media Specialist at Terran Orbital (Mar 2023 – Jun 2023)

- Increased social engagement on Instagram from 7,000 to 10,000 followers in one month.
- Interviewed CEO for thought leadership article in *ROOM: Space Journal of Asgardia*.
- Developed monthly content strategy for print and digital marketing materials concerning satellite technology and the aerospace industry.

Feature Writer at Valnet (MovieWeb) (Jun 2022 – Present)

- Collaborated with sr. editor, writing 3 SEO-friendly, 800-word, evergreen articles weekly.

Founder of Wiggins' Words LLC (Nov 2018 – Present)

- Earned \$3,000 in my first year from creating 200 personalized poems via typewriter.
- Aided student with 5 application essays; accepted into first-choice graduate program.
- Reviewed promotional books for NetGalley and the publisher Algonquin Books.

Ghostwriter at The Urban Writers (Feb 2022 – Present)

SEO Specialist at The HOTH (Jun 2022 – Sept 2023)

PROFESSIONAL ORGANIZATIONS AND ACCOMPLISHMENTS

- Published article in *ROOM: Space Journal of Asgardia* #33 (Fall 2023)
- Published nonfiction and poetry in *ETCetera* #124 and *The Cypress Dome* #30 (Spring 2019)
- Editorial Intern of *The Florida Review* and *Aquifer: The Florida Review Online* (Fall 2018)

EDUCATION AND CERTIFICATION

- University of Central Florida Bachelor of Arts, English Literature (Dec. 2018)
Earned consecutive President's Honor Roll (Fall 2015, Spring 2016)
- Florida Educator Certificate English 6 – 12

Brent Wiggins
(407) 488-4628
brentmwiggins@gmail.com
wigginswords.com/publications

Copywriting Samples

Avaya and ConvergeOne - Tech / Telecom Industry

Blog 1 - Automation: Building a Smarter Future

Next to time, urgency is your second-best resource. Urgency is the ability to respond and solve high-demand problems quickly. Automation meets that urgency in accurate and efficient ways. First, automation creates channels of communication, streamlining a faster response time between parties. Second, automation avoids downtime and repetitive tasks by using digital assets that manage projects to specific ends and means. Third, automation not only supports your team's efforts, but also prioritizes the most important clients through its allocation of resources tailored to their needs. Automation frees you from time constraints and helps you provide the best possible service to your top clients.

With the introduction of new innovations, the goal is never to use technology as an alternative workforce. A computer cannot fully replicate a man-powered personal touch of creativity. To discount human ingenuity is its own error. Similarly, to err is human and to fix mistakes is intrinsic to better business practices. Technology fixes our mistakes in better ways.

The construction equipment industry is evolving. Its customers are getting smarter and demanding faster turnaround times. The way forward is for companies like yours to embrace the right cloud-based technology to get ahead and stay ahead.

Technology comes with learning curves at best and hesitancy at worst. Human interactions are lessened by technological interventions, but they are not discounted. Artificial intelligence is still man-made, it is still a tool that we use to solve problems and secure solutions. Technology is also an adaptable tool. Automated systems can use digital assets with a manual approach. It does not matter what color your collar is. Technology helps you get your job done accurately and efficiently, making room for the connections that matter most between you, your company, and your customers.

Scaling your business through new technologies can be a frustrating process. During complete overhauls, a new venture can be exciting and overwhelming. With our partnership's combined histories and efforts, Avaya and ConvergeOne prioritize your frustrations and turn them into sustainable strategies. Our automation takes over menial tasks and gives you more freedom to personalize experiences.

Cloud-based technology through Avaya and ConvergeOne ensures tangible results that elevate your business and prevent work fatigue, lost customers, and lost revenues. We respect the autonomous collaboration between your teams and clients, and help you maintain it through our hands-on consulting services.

Working With the Cloud

Work in the construction equipment industry comes in phases and can face common problems like employee burnout, operation delays, and hazards and expenditures on the job. Streamlining parts ordering is easier with the cloud. With a cloud-based system, employees decrease the time required to locate parts and respond to requests faster than they can handle. As a result, the cloud decreases the stress of your workforce and increases revenue.

Avaya and ConvergeOne offers cloud-based solutions for every phase:

- Simple, scalable data tracking manages, organizes, and finds equipment faster.
- Our Intelligent Virtual Assistant (IVA) and Avaya Cloud Office (ACO) update and engage team members.
- Improve uptime and customer service through frictionless, omnichannel communication.
- Our consultations train employees in digital asset management for better efficiency.

Speak with us and see how our cloud can help build your smarter future today.

Blog 1 - Nurture Posts

Nurture Post 1

Your industry is evolving. Your customers are getting smarter and demanding faster turnaround times. The way forward is for companies like yours to embrace the right cloud-based technology to get ahead and stay ahead. Avaya and ConvergeOne are here to help future-proof your business.

Nurture Post 2

Using new technology to scale your business can be frustrating. Avaya and ConvergeOne prioritize your frustrations and turn them into sustainable strategies. Our automations take care of tedious tasks so that you can take care of your customers and give them positive, personalized experiences.

Nurture Post 3

With a cloud-based system, employees take less time finding parts and respond to requests faster than they can handle. As a result, the cloud decreases the stress of your workforce and increases revenue. Avaya and ConvergeOne offers cloud-based solutions at every touchpoint of your business.

Nurture Post 4

Time is a limited resource, but automation is a renewable one. Automation meets your urgency by saving time, solving problems, and meeting demands in accurate and efficient ways.

Communication is streamlined, repetitive tasks are managed, and clients are prioritized with customized service. Avaya and ConvergeOne make better business relationships an automatic success.

Blog 1 - Email

Hi [First Name],

Work in the construction equipment industry comes in phases and can face common problems like employee burnout, operation delays, and hazards and expenditures on the job. Streamlining parts ordering is easier with the cloud. With a cloud-based system, employees decrease the time required to locate parts and respond to requests faster than they can handle. As a result, the cloud decreases the stress of your workforce and increases revenue.

Learn how our cloud solutions help your business.

The construction equipment industry is evolving. Its customers are getting smarter and demanding faster turnaround times. The way forward is for companies like yours to embrace the right cloud-based technology to get ahead and stay ahead.

Join our cloud for a better future.

[Insert Signature]

[Full Name]

[Phone/Email]

Blog 2 - Customers and Employees: A Compound Machine

In the world of technology, there are countless functions and features that help us run our lives more smoothly. Obscure parts become found, lengthy phone calls become concise, and tedious tasks become organized with the right technology. Those with more experience using technology are more efficient and can seem like wizards of the world wide web. Their powers are no secret, however. They too had their origin story, running their business from the ground up, some without technology. As the digital world continues to update, you can become your own digital superhero with your own digital powers. New innovations and operating systems can be difficult to use, but you do not have to face them alone. Avaya and ConvergeOne is your Gandalf, and you are our Frodo. Together, we will turn your stresses into superpowers—workflow optimization, time and project management, personalized customer support, and increased revenue—to help you build a better world for your business and customers.

Like automation, a manual approach can be powerful. In an in-store setting, you can address customers' needs immediately and clarify with hands-on context.

Nevertheless, customers wanting to do business with you also exist outside your establishment. If you are answering phone calls when a customer arrives at the front desk, or vice versa, you cannot help everyone as quickly as they deserve. With Avaya and ConvergeOne, employees spend less time on menial tasks and more time nurturing relationships with high-value clients. Avaya and ConvergeOne is your administrative Superman, using powers of automation and customized solutions that help your employees defeat frustrating this-or-that scenarios and build customer loyalty.

The most recognizable form of automation is the front-end intelligent virtual agent.

Better known as chatbots, these interceptors and dealers of information rely on a database of resources to help customers find answers and make decisions. Rather than a circuitous back-and-forth, talk-reply model a villain might use, Avaya and ConvergeOne have digital sidekicks that use nuanced machine learning. Natural language processing allows us to understand your customers' simple and complex needs, from inventory to distribution to payment.

Replicating human ingenuity requires a keen awareness and collection of biological data. Together, we predict problems and produce solutions at every juncture of your business. Our AI-powered solutions study the behavior of your customers and create more efficient workflows, enabling your employees to deliver white-glove service with accurate and efficient turnaround. Your team will feel like heroes in the office and your clients will have increasingly positive interactions with you, every day. Automation in combination with authentic biometrics, such as face and voice recognition, creates a personal fidelity between the user and technology. The bottom line: our chatbot does not feel like a chatbot. This is next-level tech that your customers will love.

Avaya and ConvergeOne have combined efforts to provide solutions that evolve to your customers' needs. As we automate menial tasks and collateral duties, we can allocate time and effort towards knowing your customer. The more we know about the

customer, through our easier and more secure authentication, the better the customer experience will be. The all-in-one cloud solution takes less tedious input and gives more purposeful output. Your input with cloud output makes us a compound machine of creativity and community for employees and customers. By embracing our cloud-based solutions, your team will become customer experience superheroes, saving the day for clients around the world.

Empower your staff with cloud-based superpowers.

Blog 2 - Nurture Posts

Nurture Post 1

Would you drive a car with old parts? Just like you prioritize your safety, Avaya and ConvergeOne will drive your business towards new leads and more sales, all in one piece. Get behind the wheel of cloud technology and help your workforce and clients reach new destinations.

Nurture Post 2

Brick-and-mortar stores give communities a trusted business near them. Mom-and-pop shops know their customers at a local level, but they could be servicing a wider net of people beyond their establishment. Avaya and ConvergeOne use customized solutions that help you sustain customer loyalty at both a personal and global level.

Nurture Post 3

Chatbots usually start a conversation with you, but seldom get to the end you have in mind. At Avaya and ConvergeOne, the customer experience is our top priority. Our AI uses natural language processing that understands your customers better to identify and provide nuanced solutions for their simple and complex needs in real time.

Nurture Post 4

Connections influence the direction of your business. The right connections are easier to make on the cloud. Avaya and ConvergeOne have unified employees and customers, building a trusting and purposeful bond.

Blog 2 - Email

Hi [First Name],

A manual approach is easy to understand and has its benefits. In-store customers can receive immediate context with hands-on knowledge. Online customers exist outside your establishment too and expect the same level of urgency and clarity from your business. You can't help everyone as quickly as they deserve, but automation can.

Automation removes this frustrating scenario with easy-to-use, customized solutions that keep your team organized and your customers happy.

Learn how the cloud can help you deliver more satisfying customer experiences.

Chatbots automate and allocate resources to customers, but often in a prolonged and narrow back-and-forth model. Avaya and ConvergeOne have digital assistants that use nuanced machine learning, or natural language processing, to understand your

customers' simple and complex needs. By studying customer interactions, Avaya and ConvergeOne can deliver white-glove service with accurate and efficient turnaround.

Build customer loyalty with the cloud that cares.

[Insert Signature]

[Full Name]

[Phone/Email]

Social Media

Social Post 1

Avaya and ConvergeOne is a cloud technology and communication service that unifies workers and prioritizes customer satisfaction. Through our customized automation, your workforce can build what your customers and employees need. Your conversations are safe and secure in our exacting, real-time omnichannel that creates convenient and transparent communication from platform to platform. Leverage your business with cloud automation from Avaya and ConvergeOne.

#Avaya #ExperiencesThatMatter #ConvergeOne #caas #cloudsolutions #cloudtechnology #business #communication #customerexperience

Social Post 2

On the cloud, it is not the destination, but the journey that matters.

#Avaya #ExperiencesThatMatter #ConvergeOne #caas #cloudsolutions #cloudtechnology #business #communication #customerexperience

Social Post 3

Cloud technology is a twofold value for customers and employees. In the cloud, manual processes like answering phone calls and attending to people in-store never cross paths to complicate or jeopardize your business. Avaya and ConvergeOne use the cloud to replicate human ingenuity through personalized automation that creates uninterrupted and better customer experiences, employee morale, and seamless front-end reliability.

#Avaya #ExperiencesThatMatter #ConvergeOne #caas #cloudsolutions #cloudtechnology #business #communication #customerexperience

Social Post 4 (Video/Animation)

Title: 5 Reasons to Use Avaya and ConvergeOne's Cloud Automation

Introduction:

- a. Cloud technology sounds like pie in the sky.
- b. Here's how Avaya and ConvergeOne sweetens your slice of life.

Slide #1: Cost

- a. Our cloud packages save you money.

Slide #2: Capabilities

- a. Automation with blended media means accessible mass communication.

Slide #3: Comfort

- a. Easy front-end applications unify your workforce and satisfy your customers.

Slide #4: Care

- a. Digital experiences that value your customer-employee relationships.

Slide #5: Cloud

- a. An adaptive, endlessly personalized, all-in-one cloud solution.

Conclusion: Turn tomorrow into today with Avaya and ConvergeOne.

#Avaya #ExperiencesThatMatter #ConvergeOne #caas #cloudsolutions #cloudtechnology #business #communication #customerexperience

Social Post 5

Knowing your customer sounds like finding a needle in a haystack. With cloud technology, you can thread the needle and pinpoint each customer's needs. Avaya and ConvergeOne are using machine learning via automation to personalize the customer experience. From consultation to satisfaction, Avaya and ConvergeOne help you know your customers so that your customers know they are in capable hands.

#Avaya #ExperiencesThatMatter #ConvergeOne #caas #cloudsolutions #cloudtechnology #business #communication #customerexperience

Infographic - How the Cloud Builds Customer Loyalty



(Red) Growth Mindset:

Avaya and ConvergeOne are a leader of AI, expanding the world economy by \$16 billion (PwC).

(Yellow) The Great Reemployment:

The latest AI and cloud deployment is resolving the effects of the Great Resignation by decreasing workloads and increasing employee morale.

(Purple) Proof in the Pudding:

95% of companies using AI already meet their demands, reducing the need for new hires.

(Green) Cost Effective/Pennies from Heaven:

32% of companies using AI spend less than \$1,000 each year. Lower costs mean larger budgets, smarter investments, and better marketing efforts.

(Blue) Data-Driven Decisions:

Insights from biometric data show how customers interact with your business. 63% of AI users apply data to improve their business strategies and customer experience.

Additional Options for Infographic:**Connection:**

All communication—chat, voice, video, etc.—is connected to streamline contact with your team and clients.

Community:

Employee morale and quality customer service are achieved in a cloud-powered community.

Customer Experience:

Our biometric data understands your customers better to deliver a natural, objective, and satisfying experience.

Avver.ai - Digital Recruiting Software

Social Media

Facebook

Avver.ai gives faceless technology a new face. We are a candidate-centric software, sensitive to everyone's story and serious about their potential. Our goal is to cultivate a casual yet contemporary culture with clear communication and creative collaboration. Are you ready to meet the new face of hiring?

#Avver #WorkLikeAvver #HireHuman #AI #software #technology #hiring #hiringmanagers #HR #recruiters

Instagram

"I'm sorry, Dave. I'm afraid I can't do that." - HAL

Need software that works with you? Choose Avver.ai.

#avver #worklikeavver #ai #software #technology #hirehuman #hiring #hiringmanagers #HR #recruiters

LinkedIn

With Avver.ai, we humanize the hiring experience. Our automated, self-servicing software puts the candidate first with a variety of fair, strategic questions. We are committed to who people are and the valuable work they can do. Learn how you can #WorkLikeAvver

#Avver #HireHuman #AI #software #technology #hiring #hiringmanagers #HR #recruiters

TikTok

Title: 5 Ways Avver.ai Hires Like a Human Introduction:

- a. Hiring can feel robotic.
- b. Here's how Avver.ai humanizes hiring.

Slide #1: We Don't Judge

- a. Our AI focuses on skills, not assumptions.

Slide #2: Natural Conversation

- a. Adaptive, strategic questions based on the candidate's answers.

Slide #3: Real-time Evaluation

- a. Candidates' responses are collected and reviewed during the interview.

Slide #4: Wise Beyond Our Gears

- a. Data is culled to answer candidates' questions.

Slide #5: Smooth, Simple Software

- a. Automated customizations help meet hiring demands.

Conclusion: Hire more at: Avver.ai

#Avver #WorkLikeAvver #AI #software #technology #hiring #hiringmanagers #HR #hirehuman #recruiters

Twitter

Avver.ai doesn't just make machinery, we make humanity. Artificial is not superficial, it's potential. We provide #AI #software that adapts its questioning to candidates' responses and allows candidates to ask questions in return. Don't hire robotic, #HireHuman

#Avver #WorkLikeAvver #AI #software #technology #hiring #hiringmanagers #HR #recruiters

YouTube

Title: 5 Ways Avver.ai Hires Like a Human

Hiring has always been a long and exhausting process, leaving recruiters pressured and candidates in limbo. But there is a faster and better way to hire new talent. Are you ready to meet modern hiring demands in your company?

In this video, we discuss 5 ways to streamline the hiring process, how to connect with potential candidates remotely and naturally, and the importance of automation that reacts like a human.

Job seekers and hiring agencies are experiencing overwhelm. A surplus of jobs exists, but only a few people land a job. Applicants deserve to be seen and heard throughout the entire hiring process. Avver.ai is the premiere software solution to not only hire more, but #HireHuman

#Avver #AI #WorkLikeAvver #software #technology #hiring

Subscribe & Turn On Notifications: <https://www.youtube.com/channel/UCdM9...>

LinkedIn: <https://www.linkedin.com/company/avver.ai/>

Instagram: <https://www.instagram.com/avver.ai/>

Facebook: <https://www.facebook.com/Avver.ai>

Twitter: <https://twitter.com/Avver.ai>

TikTok: <https://www.tiktok.com/@avver.ai>

Website: <https://www.avver.ai/>

Writing Samples

Research Paper / Literary Analysis

Batman – A Man, Bat, or Both? A Psychoanalysis and Reader Response of the Dark Knight

Batman, the Caped Crusader, the Dark Knight, the Masked Manhunter, whatever alias he is given, the clad hero is still a relevant icon today as he was back in his May 1939 debut in *Detective Comics #27*. The attention readers give to a fictional character is not strictly make-believe fluff. More so, the reading of a character requires a suspension of disbelief and the making of a character, a certain mindset. Comic books are not just catered affectations for young children. Although they can be seen this way, the colorful pages provided stories reflective of the feelings from era to era. For these reasons, Batman serves as a pivotal example of both psychoanalysis and reader response theories.

Psychoanalysis is a clinical practice founded by Austrian psychologist Sigmund Freud where therapy for the human mind is decided between the patient (analysand) and provider (analyst). Psychoanalytic criticism was influenced by the clinical method of psychoanalysis in the same way that it only supplies descriptions, not prescriptions, of a person's thinking and personality (Parker 112-113; Ch. 5). Reader response goes hand in hand with psychoanalysis, it gives its audiences or readers a look into their own minds. It raises questions about who we are, what we do, how we read and what reading is to begin with (Parker 330-331; Ch. 11). The fictional character of Batman will first be psychoanalyzed for the real feelings he exudes. A reader response of the superhero's development will then be accounted for through a collective reader response.

Those who are not familiar with comic books or their respective characters, the Batman is not an anthropomorphic creature of the night. Admittedly the character's mystique takes on a hyperbolic caricature at times, but he is only a man dressed like a bat. He is not a man who possesses the ability of echolocation and flight, nor is he celebrating Halloween on every other day but the holiday. Superheroes, like Batman, are the modern epic heroes who uphold values and kick temptations that the common person would fall short of or victim to. These traditions of doing good and overcoming evil are the archetype of the mythological hero and the cultural phenomenon and ubiquitous theme people have come to know (Wierzchowska 108). The extraordinary attribute that Batman has is his mortality; he has no superpowers or outlandish capabilities, only human limitations, which ironically are made limited. He was born from Bruce Wayne's traumatic experience at an early, impressionable age that ended his childhood: the death of his parents. This is where the ubiquitous theme of good versus evil is introduced and as the Hero's Journey would account for, Batman is the common man who undergoes the three stages of an epic hero: departure, initiation, and return.

Creative Nonfiction / Memoir

Nursing – College Application

I was not supposed to be a nurse. I was a sustainability designer using building technology for schematics to design models for houses, apartments, and other establishments. I was once responsible for the Steinbrenner band Hall building at the University of Florida and the Stephen O'Connell Exatech stadium renovation. Visiting the empty sites and realizing my own drawings was exciting work for posterity. I used a careful hand and eye, but only from a distance. During my studies, I traveled to Lima, Peru on a mission trip with the Pentecostals of Gainesville church with a team of ten nurses. As they took vitals, prepared medical equipment, and conducted care for hundreds of the underdeveloped, I was constructing new buildings, this time with my hands. Then, I noticed the aid of the nurses. Their delicate persistence and their limited time, a weight that stopped the impossibilities. The metamorphosis of buildings into bodies became more than obvious. The nurses were fixing the broken scaffolding of bodies. A body was a building. In May 2017, I graduated with a BS in sustainability, and a month later, I started nursing school.

My day starts at moonrise. I do not clock-in, and have not often, for the unit is usually on fire. It stokes slowly, a nurse repositioning a patient with a hip contraction. The flames change hue, a patient is hemodynamically unstable with an unprotected airway; intubation and sepsis protocol are initiated. The fire roars high, a patient is quickly decompensated, code sequence is started, chest compressions begin, and the crash cart is broken into. As a nurse in Surgical ICU, I understand its persistent novelty. With each new situation, I learn new skills and capitalize on old ones. My preparation, response, and adaptation must be met in equal measure. Acute care allows me to prioritize patient care, to treat each one as I would treat myself. I am instrumental to my floor, from managing the mechanically intubated and sedated patient to titrating vasoactive drugs on a CVVH patient. I will bring critical action, autonomy, decision-making, hemodynamic and respiratory vigilance, and the management of analgesia and sedation drips to the Florida Gulf Coast Nurse Anesthesiology program.

With this program, my main goal is to achieve the confidence to face and solve the volatile nature of anesthesia. Through my gained OR competence, I plan to be an instrumental clinical instructor to nurses training to become a CRNA by enhancing hospital education and engagement. Teaching clinical practice with improvements to simulations for students will nurture personalized and professional modes. The OR environment creates immediacy, in variety and severity, but promises the chance for novelty. As a previous sustainable design major, I recognized that buildings, like people, require consistent maintenance. A person is the best kind of building, not only meant to stand, but to have dynamic motion, to be built anew, piece by piece and peace by peace.

Nonfiction / Self-Help

Minimalism – Test Order for The Urban Writers

(Introduction – Chapter 2)

Unplug Yourself

How to Embrace Minimalism, Move Away from a Noisy World and Live a Meaningful Life

Book Description

The concept and movement of minimalism has transformed from an abstract art to a concrete practice. Life gurus such as Joshua Becker of *Becoming Minimalist*, Marie Kondo and her KonMari Method™, Cal Newport, author of *Digital Minimalism: Choosing a Focused Life in a Noisy World*, and *The Minimalists*, Joshua Fields Millburn and Ryan Nicodemus, have all touched on the act of living with less. *Unplug Yourself: How to Embrace Minimalism, Move Away from a Noisy World and Live a Meaningful Life* turns life's complexity into simple prompts that improve and better one's surroundings, relationships, and personal endeavors through the lens of minimalism.

This novel is a practical guide with professional results, providing actionable solutions to the societal pressure for more. Minimalism covers three factors in life: personal, physical, and emotional. Through these modes of minimalism, the need for less will silence the inner critic, give a better understanding of relationships with people and things, and make the world a more thoughtful and discerning place to live in. Beyond learning what minimalism is and what it can become, the possible everyday uses, and its long-term benefits, *Unplug Yourself* serves a valuable approach to handling and solving life's difficult, sometimes unpleasant, decisions and situations with less effort, less turmoil, and less clutter.

© Copyright 2022 - All rights reserved.

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

Legal Notice:

This book is copyright protected. It is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

Disclaimer Notice:

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaged in the rendering of legal, financial, medical, or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, that are incurred as a result of the use of the information contained within this document, including, but not limited to, errors, omissions, or inaccuracies.

Table of Contents

Introduction: More is Not Always Better

Chapter 1: One Small Step

Chapter 2: Attachment and Love

Chapter 3: Letting Go

Chapter 4: Bucket List

Chapter 5: Pick Up the Pieces

Chapter 6: Go, Going, Gone

Chapter 7: Hesitation and Persuasion

Chapter 8: Tomorrow is Here

Conclusion

References

Introduction: More is Not Always Better

Minimalism, a concept built on simplicity, is to the layman at once complex, ironic, and oxymoronic. The idea that less could be more is an exciting process that filters out wants for needs ad infinitum. To some, less of anything feels like an industrialist's counterproductive nightmare, to others, it is a Luddite's pivotal dream. These extremes unfairly treat minimalism as a marginalizing agent of change, material and otherwise. The movement and philosophy of minimalism is not so perfunctory or rigid, however. Only if forced does the idea of less scare or solidify oneself in thoughts and actions.

Minimalism is not a scarcity tactic or a meticulous, anal-retentive mode of measuring everything's worth. Minimalism is not an emotional episode where objects and people are sensationalized every weeknight. Minimalism is the path to a more considerate, intentional, and purposeful life.

Life carries places where minimalism goes amiss, of course. In the free market, naming your price is a power move. No matter the cost, the customer buys what the salesclerk offers because the customer is always right. The problem with commerce and capitalism is everyone always asks two questions, often too late: can I afford this, and will I afford this? The moment is sullied by how busy we are too. Social media presence is more important than being present. Snap decisions are made to make time for being busy elsewhere. If you have more time and money, then you have more time and money to spend, according to inclusive, entertaining advertisements that leave us lonely and distracted. Having more, of anything, is the endless shopping list, to-do list, and to-be list that spreads life too thin, too much, too soon.

This book aims to be a practical guide to minimalism with professional results. Before embarking on the minimalist journey, it is important to know what minimalism is. Cal Newport, computer science professor at Georgetown University and author of *Digital Minimalism: Choosing a Focused Life in a Noisy World*, explores our modern technoculture through digital decluttering in a bid for digital minimalism or deep connection. Joshua Becker, family man and author of the blog *Becoming Minimalist*, offers a rational minimalism, living a life with intentional values and without distractions. Marie Kondo, the eponymous Japanese tidying consultant, is a proponent of her organization strategy, the *KonMari Method™*, a curated, emotional minimalism focusing not only on discarding things, but on keeping things that create happiness in your life. *The Minimalists*, Joshua Fields Millburn and Ryan Nicodemus, propose a social minimalism where fewer possessions are equated with, and lead to, better values in self-development and communal outreach.

With this primer on the different forms of minimalism, you may find your own path to reaching the results you need as a minimalist. To cover the wide spectrum of minimalism on your journey, I have narrowed it down to three factors in life: personal, physical, and emotional. Some will find more structure in one of these factors than the rest or any combination they see fit. Some will create new factors that pertain even more specifically to their circumstances. Minimalism is not constraining nor is it a complete science. Like any practice, to get better, you must keep practicing. I join you by sharing my first experience practicing minimalism.

The things I love surround me. I am listless as I sit, stand, and stare repeatedly, knowing I have loved them. The nostalgic warmth they emanate has kept me in love still. To let go feels like falling out of love, no matter how well-intentioned the axiom "if you love something, set it free" is. "The more the merrier" is another proverbial phrase that comes with a disclaimer. I have more books than time to read them. I have more clothes to wear that have not been worn since their long-gone occasions. I have more things to love less. I have more than I need where no need exists. I lack any efficacious ways to

respect every item's purpose. I am not a fool for loving my things, I am a fool for thinking my things could reciprocate love for me. I have neglected my excess, and my excess looks back at me with the eyes of Argus. If I do not use all my things, then all my things are using me, my sensibilities, my discernment, my limited time. I cannot be weightless, but I can be lighter. One ticket to the moon, please.

Chapter 1: One Small Step

The first step to minimalism is that there are no steps. A process is never the same every time. People complain how mundane steps can be if all it becomes is a routine. Besides the obvious and necessary regimens of daily life, such as hygiene and self-care, everyone comes to these routines in their own ways. It is only human that we fumble these routines from time to time and minimalism is no different.

Minimalism is abstract and concrete. Through that abstraction, there exists creation. Establishing a routine with leeway and leverage where obstacles arise will help you navigate the process of living a simple life. Starting will either be the easiest or hardest step based on your current lot in life. However, no matter where your starting line is, you must have a finish line to look forward to. What will be the best way to balance the devil and God in the details?

Minimalism uses an open mind that places emphasis on planning over plans. The plan cannot predict the unexpected. Planning can adapt to those changes and lead to better, more realistic expectations. The plan, like life, is always changing. Controlling things out of our control comes from a well-meaning, problem-solving mindset. The scope gets bigger as we grow smaller and making a difference, despite the odds, shows a good use of our conscience. Meeting things outside ourselves without addressing our personal frame is the primary setback to succeeding in any decision we make. You do not have to know yourself completely to start your minimalist path, you just need the bare minimum. Some simple personal questions to ask yourself are:

- When I have problems, do I complain or find solutions?
- Am I easily bored or entertained?
- Do I settle too quickly or explore the best options for myself?
- What qualities do I want to have or attract?
- Do I have a healthy abundance or a surplus of things?

Planning has something in common with Cal Newport's idea of living a deep life: "To me, the deep life is about focusing with energetic intention on things that really matter — in work, at home, and in your soul—and not wasting too much attention on things that don't" (Newport, 2020a). To be an individual on your purpose, there must be calculated risks and certain rewards. Calculated risks involve performing tasks that are uncomfortable but provide potential outcomes. Certain rewards are goals with guaranteed results brought on by calculated risks. Eating more vegetables consistently instead of sugary snacks will provide your body with the nutrients it needs. A single calculated risk is not always enough to ensure a complete outcome or certain reward, however. Vegetables are undoubtedly good for your diet, but alone, they do not change a person's entire health. Creating a workout regimen each day of the week in combination with foods rich in vitamins will improve your chances of not only having but keeping optimal health. Interviewing for jobs is another calculated risk. If you, the candidate, do not meet the employer, you make no calculated risk. Unless the calculation was that your previous experience working behind a desk all day would not be conducive to working in a warehouse, then the potential outcome of having that job has been forfeited. The successful candidate makes the calculated risks of studying the company and open position, showing up early to the interview, and preparing thoughtful answers and questions for the employer. The job, the certain reward, provides more calculated risks, more opportunities for certain rewards, such as a raise in salary or a promotion to a new role. Minimalism takes what you care about and what you do not care about seriously.

It is easy to steep ourselves in the mire of the subjective and the objective when we think or speak about who we are and what we should do. The playhouse in our minds will perform narratives we believe in or convince ourselves exist, but sometimes we, as playwright, do not actively direct or make rewrites where necessary. Minimalism is the act of holding up a mirror to first see yourself and then to seek yourself.

There are things about yourself no one else knows. There are things about yourself that people know without you saying a word. What you see is not always what you get. What you get is not always what you see. Seeing meets our first need through minimalism. As Marie Kondo puts it, “Discarding that which doesn’t support your ideal lifestyle creates space for treasured possessions to truly shine” (Kondo, 2020). When we think of removing things from our lives, we tend to put a negative label on the removal. Keep in mind that the things we remove created a negative aftertaste that is finally subsiding. It is only when we can taste test again with a clean palette that we understand the flavors we want to deal with. Rather than discard items, we can instead call the absence a form of designing. A lifestyle is designing the life we want to build and see as much as possible. Regarding what our mind’s eye imagines and what our motives manifest, the deciding factor is personal vision. You make decisions every day that either harm or help your life. When I was younger, my family brought home a pug for my siblings and I from a neighbor who was donating his litter of puppies. The idea and compromise were that we would learn about responsibility, accountability, and relationships through the consistent care of the newest furry relative. These qualities never dawned on us. Both my parents went to work, I went to school, and the pug was left alone all day to make up its own house rules. Whenever we were home, the dog often found itself competing for our attention with the television, video games, and work-life balance of the family. Our family was not ready to be pet owners. No one ever gave time to take care of one more thing that was not already on their plate. The dog was unfairly neglected, treated as a distraction, taken for granted. One month later, our new dog became someone else’s new dog.

Consider the role or purpose your belongings hold for you. If you live alone or work from home with a flexible schedule, having a pet can add a healthy sense of companionship and reliability. If you travel often from one location to the next at the drop of a hat, caring for a pet, especially one that cannot join the trek, will be unnecessarily difficult at best. Artwork can highlight creativity, brighten a room, or be displayed in a professional portfolio. Drawings from your first-grade class can be sentimental and kept in a scrapbook. Things can be things, or they can be tools. How we use things can affect our understanding of the immediate environment.

When I was a toddler, I visited a toy store called Timmy's Toy Chest. From floor to ceiling and from wall to wall, trinkets, knick-knacks, hickies, baubles, gag gifts, attractions, and curiosities expanded my fervent imagination. Carrying toys between my elbows to test for myself at some forsaken corner of the shop, I decided that I would like to have them all. My father bought me the Sharkman Swim Gear, Socker Boppers, a YoYo Ball, Silly Putty, Oobleck, Tech Deck Dudes, and a Hoberman Sphere. I came home with the makings of my own toy chest, ready to add to my collection, but the variety tired my overactive mind. When I grew tired of one toy, I drifted to the other. The problem was, I grew tired of all of them within a week, never giving one toy the equal playtime it deserved. I was spoiled for choice albeit overwhelmed by too many choices. I had wanted my own toy chest, I even thought of living in the toy store to claim it as my second home. The home I already had, filled with entertaining toys, faded out of view, and filled up again with disappointments. Observe your environments and ask yourself these questions about your physical world:

- Does my immediate environment reflect who I am?
- Is my environment chaotic or controlled? Spacious or claustrophobic?
- Are things out of place in my environment?
- Do things in my environment repeat themselves or complement each other?
- Does my environment accommodate or complicate my lifestyle?

The foundation for a simple life through minimalism begins with structure. As a person, you stand knowing who you are in the world, just as a tree would against the natural elements. You will adapt to changes in your environment, and you will change your environment. The environment you create will change you too, either for better or worse. At one point, I had close to 300 books in five plastic containers stowed away in my garage. Most of them were bought and read during my college years, but what did I make of them now? I held onto them for years, recognizing the valuable knowledge they provided me. I also recognized that I was not a college-bound student anymore. I was still an avid reader, but I never made serious intentions on returning to the books on literary theory, Gothic literature, stream of consciousness, World War II poets, or the Beat Generation. I gladly read every footnote and endnote, I studied them and wrote papers about them. Now, they were entombed, sandwiched together like a brick wall, waiting to be read again. They belonged in a library, in the hands of readers that would put them on shelves, not on a precarious perch or garage corner. I acquiesced to the thought of what could have been my own personal library, books that I knew I remembered and connected with. I said goodbye to many stories so that they could say hello to new readers, so that my story could continue.

Certain things will make us emote more than others. Emotions can inform or imprison our decisions. In either case, staying aware of our feelings will keep us from staying unaware of our intentions. My sister had over 100 Beanie Babies stuffed in a box, claiming she loved them all. She was in her thirties with a career when she said this. The last time she looked at these plushies was when she was in grade school, until one weekend, she looked again. The passing of time changed her judgment, despite the strong feelings she originally had. She still had her favorites, but many others did not hold their charm. Before my sister went back to work on Monday, only ten Beanie Babies remained. Not everything we own or have owned will strike up fond memories, that is, if we can remember to begin with. Minimalism as an emotional factor requires you to set boundaries or limitations as well as exceptions that are comfortable for you. Here are some questions to help manage your emotional choices:

- Do my things make me feel whole or empty?
- Do I feel a strong connection to these items?
- Can I separate the thing from the memory and still be okay without it?
- Are there things that share the same emotion that I could have fewer of?
- Am I afraid or anticipatory of having less?

Based on the three pillars of minimalism, personal, physical, and emotional, the pathways to a simpler life start to appear carved out for us. Where there seems to be no path, we carve one instead. It is not an easy journey, but it does not have to be. Our focus is to make things easier and meaningful in our lives. Whatever trepidations we have going into minimalism, one reminder serves all the motivation we need. Each thing that enters your life has its exit. The key is to know all entrances and exits. See the door, see where it leads, prepare to walk through it, and take that first step to a more intentional you.

Chapter 2: Attachment and Love

The idea that our things are a representation of us is a fair metaphor. The qualities we see in our belongings leave an impression on us, the users. A suitcase for the businessman serves its purpose just as an external-frame backpack would for the mountain man. In a way, these items become their calling card, an extension of what they do and who they are. As a literal metaphor, we fall into the danger of treating our things like a living, breathing individual. A book, for instance, can take on metaphysical form. The thoughts, feelings, and stories of an author carefully mapped out on a few hundred pages can be cherished and revisited for countless generations. However, the author is not the book. A person wrote a book, but the book did not write the person. A book is a form of information. You can experience information through knowledge and understanding, but you cannot experience the author's experience of that information exactly as the author has. Interpretation enhances or enlightens our experiences. Minimalism works in the same sense.



Comparison will either steal your joy or celebrate it. Comparing yourself to people or things that we feel are better than us leads to insecurities. Keeping up with the Joneses has taken on a digital second life that breeds these deceptions and unrealistic expectations we thrust on our everyday lives. The fear of missing out or FOMO, for example, is an irrational fear and inevitability we meet on social media. Our newsfeeds and our friends' posts are constantly being updated without our say in the matter. When we do not experience what someone is sharing, we immediately feel a sense of dread and emptiness.

Even worse, we feel responsible for the person we follow online and place the label of inadequacy on ourselves if we do not follow them in a certain way. Comparing ourselves to people or things that align with our authentic interests, goals, and cares will encourage us to do and be better. Using the internet as a catalyst to meet people offline and strike up lasting friendships is the opposite of fear and missing

out. Connecting with people we interact with in our everyday lives online leads to further connections and opportunities the next time we meet in person. Choosing who we spend time with takes mutual care, understanding, and values to facilitate within the relationship. Being able to separate the lies from the truth, the fantasy from the reality, is the difference between attachment and love. Separation from our things feels unnatural, sacrilegious, and counterintuitive. To stand alone outside the noise of our possessions is an act of love. Love is the absence of attachment, the freedom from superficial and artificial things and people. Clothing, for example, is necessary when dressing for the season or occasion, but no one needs to dress to impress all the time. An opposite approach to having five winter coats in different colors would be to dress for success. The weather is cold, so wear a coat that you can layer with other pieces or one that conserves and regulates your body heat. A coat that is not just of high quality, but serves its purpose all season long, will always outlast the ever-changing fashion trends we try to follow. Loving takes emotional intelligence, that is, self-awareness, self-regulation, social skills, empathy, and motivation. These soft skills become hard skills rapidly in a minimalist lifestyle. Love is a longing to be who we need to be. Love understands that nothing belongs to us indefinitely. No matter how much we love something or someone, they will pass, but the love we had for them will live on. With love, you know when something or someone brings you fulfillment without expectation, without an agenda. When you operate in love, things and people do not complete you, they complement you.

Attachment is the unjustified and unrealistic need for things and people for self-serving purposes. Whether unbeknownst to us or not, we tolerate things and people in our lives to meet our needs in covert, conscious, and unconscious ways. Relationships that jeopardize our health, reputation, or beliefs distract us from the most important relationship: the relationship we have with ourselves. A consequence of attachment is a lack of emotional intelligence. When you are attached to things and people, you love your things and use people. You neglect the finer things in life for immediate gratification through finite things. Attachment is tunnel vision, a destructive personal vision, a diluted self, a feeling of being completely incomplete. Think of the hoarder. There is no reason to have piles of things that build walls between them and the next room. To them, these things provide comfort, a physical barrier to ward off any previous discomfort from their past. In doing so, they also ward off the potential for a better future. The collector, while more careful and meticulous, must still maneuver the upkeep of things. The items are similar and are easy to catalog, but to have every version of its kind in existence borders on obsession. Attachment is suffering. Attachment is a one-dimensional, polarizing dependency. Attachment is subtraction by addition; by introducing more things for the sake of having stability, one introduces less stability. Attachment is the delay, deterrence, and dismissal of priorities and intrinsic truths in any given circumstance. When enough is enough, more will surely follow for the attached individual.

Minimalism only works out of a place of love. We cannot love being attached nor can we be attached to love. The saving grace in this conflict is a healthy level of interdependence. It is required to achieve harmony with people and our things. Without seeing what is and what could be, the cycle of needing more instead of needing what matters continues to inflate our egos, debilitate our true identities, and muddy our moral compass. To support and cultivate your newfound interdependence and path to loving more and avoiding attachment, here are some situations, activities, and tools.

Situation: you feel that you need more attention in your relationship with your significant other, but do not want to come off as needy. Activity: preoccupy your time doing what you love alone, some hobby or interest that fulfills your needs or makes you happy without another person's intervention. Tools: YouTube has a plethora of tutorials, how-to, do-it-yourself, podcast, and lifestyle videos; the outdoors;

restaurants; live events; sports; anything that reflects who you are and what you like to do. Meeting your own needs first before asking others shows that you know the difference between taking care of yourself and getting the help you need. Making yourself happy will naturally strengthen your attentive and sensitive skills as a caregiver and leader.

Situation: you find your child's baby clothes and are taken aback by how much they have grown.

Activity: take still life photos of your baby's clothes, keep them in a photobook, and, if the clothes are wearable, wash and donate them to an expectant mother or secondhand store. Tools: A quality camera and flash drive or memory device of your choice will take the pressure off holding onto the emotional memory while giving the physical remnants to a person in need will make sure that memory lives on not just in your mind, but in the tangible world.

Situation: you scroll up and down endlessly on social media at the person you find attractive but have never said a word to their face. Activity: rather than leave a like and comment on their posts every day, send them a message inviting them to a public place you both can enjoy together. Tools: a genuine, mutual interest, an environment without distractions, and an open mind. Taking the initiative to show your attraction for someone in turn makes you attractive; no phone or social media post can replace that.

Attachment and love are strange bedfellows, but they can be extremely instrumental in the minimalist process. The moment we feel attached is the moment to question the lack of love we have. If we love too much, we must protect our love from becoming obsession and therefore attachment. To counteract our habits of attachment and pursue love, we must learn detachment. We must learn to let go.

Conclusion

Perpetuity is not concerned with what is passed down over time. The future, utopian or dystopian, arrives whether we allow it or not. Time continues with or without us. There is no holding onto the clock's big and little hands in hopes of stopping their incessant, teasing tick-tocks. Rather than count the days we wasted, it is better to count ourselves fortunate. Each morning you wake up is another chance to practice gratitude. It can be hard to be thankful for the noisy neighbors next door or the string of traffic stretching from the workplace to your home, but there is a silver lining. Minimalism is like a measured breath. It is not a shock to the system or a battle cry against the establishment. It is simply another way to breathe and breathe easier. When you are aware of the air around you, each breath you take becomes easier to release. The things we buy no longer become useless, unwarranted anchors, but useful, handpicked necessities. The people we meet no longer become flippant excursions to stroke our fragile egos, but strong connections that deepen our empathy and relationships. The person you were yesterday does not know the person you are going to be tomorrow. The only person that knows you best is the person you are today. You are no longer dependent, hesitant, or listless. You are aware, determined, and focused on the process.

The process is personal, physical, and emotional. Personal minimalism is an inside job. At the end of the day and at the start of the day, you are with yourself. No one on earth has the key to the inside of your mind. You are the only person who knows how your day went. You are the only person who knows how you spent those precious hours. Your mnemonic moments are truly yours to witness, celebrate, critic, and change for yourself. You are the headship of your headspace. Thoughts are the biggest determinant in any decision you make. Overthinking is the fear of regret and failure. Thinking less is carelessly expedient. Think thoughtfully about the trajectory of your life. Physical minimalism is the home, not the house. What you bring into your environment and what you leave behind in your environment reveals the world you build and live in. Furnish the place with a face that expresses itself. Let your surroundings be adaptive to your character. Be a bridge, be a mote, be a wall, be an epicenter, be a building where need be. Lay the bricks, set the foundation, landscape, and become the environment you need to live in. Emotional minimalism is unpacking the emotions you cannot carry anymore. You decide feelings exist in two realms: a place of pain and a place of peace. You know that some feelings are not worth holding onto. You also know that there are feelings that do not hold onto you and, without manipulation, flow through you, celebrate you, free you. Feelings are unavoidable, but they do not have to be avoided. You can crawl, walk, run, or ride with your feelings, but you cannot let your feelings do the same to you. Emotions need to be put into motion, to see their gait, their destination, their intention.

The right intention coupled with the right direction is a gift that you give yourself. Inevitable results require inevitable steps. Steps growing smaller and smaller with each passing. Until you realize there is nowhere else to step. Minimizing is not marginalizing if you are maximizing only what matters.

References

Becker, J. (2019, April 11). *What is Minimalism? Becoming Minimalist*. <https://www.becomingminimalist.com/what-is-minimalism/>

Becker, J. (2012, November). *10 Creative Ways to Declutter Your Home*. www.becomingminimalist.com. <https://www.becomingminimalist.com/creative-ways-to-declutter/>

Becker, J. (2016a, March). *Don't Just Declutter, De-own*. www.becomingminimalist.com. <https://www.becomingminimalist.com/dont-just-declutter-de-own/>

Becker, J. (2016b, September). *The Essential Declutter Your Home Checklist*. www.becomingminimalist.com. <https://www.becomingminimalist.com/101-physical-things-that-can-be-reduced-in-your-home/>

Gardner, B. (2015, June). *Simple Living: How to Live a Simple Life in a Modern World*. www.becomingminimalist.com. <https://www.becomingminimalist.com/simpler/>

Kondo, M. (2020, January 10). *KonMari Is Not Minimalism*. KonMari. <https://konmari.com/konmari-is-not-minimalism/>

Kondo, M. (2022, January 26). *Why the KonMari Method™ Works – KonMari | The Official Website of Marie Kondo*. Konmari.com. <https://konmari.com/what-is-konmari-method/>

Millburn, J. F. (2019, January 13). *Not Busy, Focused*. The Minimalists. <https://www.theminimalists.com/busy/>

Millburn, J. F., & Nicodemus, R. (2014, June 7). *Minimalism: An Elevator Pitch*. The Minimalists. <https://www.theminimalists.com/pitch/>

Newport, C. (2019a, May 31). *On the Pleasures and Sorrows of Life Without Screens - Study Hacks - Cal Newport*. www.calnewport.com. <https://www.calnewport.com/blog/2019/05/31/on-the-pleasures-and-sorrows-of-life-without-screens/>

Newport, C. (2019b, October 28). *On Digital Minimalism, Loneliness and the Joys of True Connection - Study Hacks - Cal Newport*. www.calnewport.com. <https://www.calnewport.com/blog/2019/10/28/on-digital-minimalism-loneliness-and-the-joys-of-true-connection/>

Newport, C. (2020a, March 17). *The Deep Life: Some Notes - Study Hacks - Cal Newport*. [calnewport.com](http://www.calnewport.com). <https://www.calnewport.com/blog/2020/03/17/the-deep-life-some-notes/>

Newport, C. (2020b, April 20). *Cultivating a Deep Life - Study Hacks - Cal Newport*. [calnewport.com](http://www.calnewport.com). <https://www.calnewport.com/blog/2020/04/20/cultivating-a-deep-life/>

Image References

Nygård, A. (2019, September 8). Photo by Anne Nygård on Unsplash. [Unsplash.com](https://unsplash.com/photos/OragDalrPpk). <https://unsplash.com/photos/OragDalrPpk>

Script Writing Samples

Night Shift – Episode 6 | Test Order for [Headfone](#)

Narrator	<p>Adam has been promoted to COO at his company, but the honor is unexpected and bittersweet. Just moments before, a mysterious guard confronted him and his girlfriend Leanne on their way home in the elevator. Leanne was poisoned and later chopped up by the guard while Adam survived by faking his own death. He killed the guard after being taken to a hidden floor far below the building. Once there, he was greeted by Upper Management who were expecting him. They calm a shocked Adam with a meal. The food looked unusual to him, but he still found his dinner delicious. While celebrating the occasion, Upper Management explained to Adam that the guard he killed was the last COO. Adam would replace the guard as the new COO.</p> <p>Adam also learned the true purpose of the night shift: to cannibalize his coworkers. Without knowing it, he ate Leanne for dinner. Forced to adopt a twisted code of ethics, Adam became a hired killer. Two years later, Adam has fulfilled his new role, feeding the secret echelon of his company to stay alive. His killing streak was flawless until Penelope started her night shift for the first time.</p>
Penelope	Let me go!
Adam	The night is still young, Penelope. Live a little, one drink won't kill you.
Penelope	I said no! Help! Security!
Adam	I am security. Now, hold still and open wide!

Penelope	(Choking) You're a creep... HR hasn't met yet! (SFX of thrashing, items shuffling inside her purse)
Adam	(SFX of pepper spray, bottle shattering) Ah! Son of a bitch, that burns!
Penelope	I'm getting off and you're going to jail!
Adam	(SFX of slipping, falling, pressing button, elevator stopping, door locking) Nobody's going anywhere.
Penelope	Why are you doing this? Talk!
Adam	I don't have time for a tea party.
Penelope	Do you want more pepper spray?
Adam	Okay! I'll talk. (Mumbling in the pool of poison) Upper Management's going to take a bite out of me.
Penelope	Speak up! (Texting and recording audio on her phone while Adam is blinded by the pepper spray)
Adam	Like I said before, I work the night shift too. The work that the higher-ups have me doing isn't glamorous.
Penelope	Neither is drinking at work.
Adam	You don't think I know that? I was where you are now. A couple years ago.
Penelope	(Placing phone back inside her purse) You mean...

Adam	You're not the first.
Penelope	First, what?
Adam	Everyone's part of the project.
Penelope	This is not a project, Adam. Who put you up to this?
Adam	No one above me or below me.
Penelope	Stop talking in riddles! Tell me.
Adam	Are you hungry?
Penelope	What?
Adam	I said, are you hungry? I ordered food for tonight. It should be delivered soon.
Penelope	You're out of your mind. I'm not eating now, not with you!
Adam	Are you vegan?
Penelope	What does it matter? Open the elevator.
Adam	It doesn't mean anything to me, but it means everything to them.
Penelope	Tell your suits I'm an omnivore.
Adam	There's a first for everything.
Penelope	What are you getting at now?

Adam	(Standing up, pressing and holding a button) Have a good night.
Penelope	And let you go quietly? I don't think so.
Adam	Life hasn't been quiet for me in a long time, Penelope. You'll be busier than me and know the feeling soon enough. Remember, business is never personal.
Penelope	Is that a threat?
Adam	Just my professional opinion.
Penelope	(SFX of elevator door opening) This isn't the lobby...
Adam	(SFX of Adam striking Penelope unconscious) Rookie mistake. That will leave a bruise. (SFX of Adam rummaging through Penelope's purse) We all make mistakes, don't we? Thought she could record me and phone a friend. Better hold onto this. Wait a minute, who did she text? It's going to be a long night.