

M a r c F l i n t

A Day with LEA

A 2016 Future Essay
about Life and Work
in the year 2024



A DAY WITH LEA

bing

Just a single gentle bell sound. Quiet, unobtrusive. I don't react. Want to snooze a little longer.

Ten minutes later.

bingbing

"OK."

Good morning, Flint.

Her graceful, feminine-sounding, but also friendly, competent voice always delights me. I chose her with the AI voice from the old Joaquin Phoenix movie „HER“ in mind. Nothing that would speed up my male pulse, but still something very likeable and optimistic-sounding, calming and inspiring at the same time, helpful and also endowed with a wonderful sense of humor.

I have no idea how they managed that at LEACO. I love this app. Thanks to it, I am far more productive, but I also take better care of myself - from sleep and breaks to exercise and nutrition. Due to its support, I earn significantly more money than before in a variety of ways, I make wiser investment decisions and I also have a much greater social life and charitable impact and sense of action.

A DAY WITH LEA

Only two years ago, this would have sounded like crazy, but this app indeed makes me a better person. Strange but true.

"Hi Lea."

Would you like to lie down a bit longer and collect ideas?

"Nah, let's get going, I'm up for some action. What does my day look like?"

It is Wednesday, August 28th, 12 past 8. You have had 5 full sleep cycles, no disturbances, no apnea or heart rhythm abnormalities. Your blood sugar is low, but that's normal. Should I order you a fresh pineapple spinach smoothie to get going?

"Sure, sounds good."

Okay, it's ordered and will be here in 20 minutes. A glass of water beforehand to shower your sleep-dry throat?

"Good idea. Please put the daily schedule on the bathroom mirror for me."

A DAY WITH LEA

I take Lea off to shower. It's waterproof, but I don't want to accidentally wash it off. It would be a shame if she disappeared down the drain - she wouldn't like the water slide through the sewers at all, haha.

I release the magnetic connection of this thin, 0,3 square inches wide platelet with rounded corners made of surgical steel to its identical twin under my skin behind my left ear by simply lifting Lea with my fingernail and releasing it from the skin.

I place it on a small interface box in front of the bathroom mirror, where it displays the facts of the day: outside temperature 23 degrees Celsius, overcast but dry, some rain in the city between 4:40 p.m. and 4:55 p.m. A few real meetings and short zooms, plus perhaps an MR with the Sao Paolo team later in the evening, which has yet to be confirmed.

Next to it: Lea's food suggestions.

She knows my tastes exactly, as well as my eating habits - and of course my health parameters and figure goals. Accordingly, she always comes up with very varied, light but filling suggestions such as "omelette with fresh salmon" or "chicken yoghurt curry with papaya salad".

She has always bought things via delivery or lets me know on my way through the day if there is a compatible meal in a bistro somewhere. Finally losing weight with lots of joy, fun and without sacrifice. Yippieyeah.

A DAY WITH LEA

While I enjoy the smoothie Lea ordered, which was in a well-chilled deposit container outside the apartment door, she reads me the tailor-made Top 10 news.

First weightless birth on the ISS. "Next."

Matrix4 filming begins in Berlin "Later."

New AI laws ratified across Europe

"Details, short form."

Publicly acting AIs are not to be solely developed by other AIs (so-called EnginAIs), but must be audited before deployment. Meaning they will only become valid on the network once the human-readable code has been approved by two independent expert agencies and the EUAI Commission. The aim is to put a stop to the so-called 'rogue AI's', which evade any human comprehension and may eventually develop full consciousness unnoticed. The general sentiment is ...

"Enough. Thanks. Good decision."

I think so too.

Hahahaha.

The humor of this AI is really next level. Wonderful.

A DAY WITH LEA

From 9 to 11 I sit in a relaxed armchair in front of my 3m wide wall display, sip my large morning latte and go through all the important topics with Lea:

- Preparation of upcoming meetings with a maximum of 5 speaking points each about what I want to achieve. Before each meeting, she will briefly read these key phrases out to me and, if necessary during the call, whisper them in my ear like a good prompter to remind me of them, also as a quick reminder when time is running out.
- Status of my investments. Lea gives recommendations based on current stockmarket or crypto news. Most of the time I stick to it, think long-term and hold my positions, at most shifting proportions slightly depending on the economy or exciting new IPOs. This also includes a status overview of the startups I helped founding and accepted equity in as part of my compensation.
- How are my charity commitments doing? My sponsored family in Sri Lanka and my small village company in Senegal? The Africans want to build a new elementary school, and I'm connecting them with Stu MacLaren's charity, Village Impact.

The family would like to take out a microcredit to buy a moped. Their cabin is 10km away from the family dad's new job and there is no bus route nearby. I ask what they need. 800 euros for a used motorcycle? No problem. I give them 400 as my contribution to their wellbeing, and they can pay off the rest in monthly installments of €20 to add to their sense of accomplishment.

A DAY WITH LEA

Never in my entire life have I spent my money better, with more positive impact on the world, joy for myself, as a role model for kids.

Lea is not only an excellent assistant, but also my ideal talent agent. Once a week she reads out to me the inquiries that have just come in. I say yes less and less often because I earn so well from my 20 or so income streams (all of which she manages completely) that I no longer have to accept individual orders.

But some jobs are very attractive, and I take on many of them pro bono if they help me make the world a little better.

One of them came in yesterday: developing a training concept for multigenerational house managers on behalf of the European Social Commission. Sounds exciting. I'll let Lea negotiate the modalities - she can do it much better than I can. I'm always way too generous and forgiving.

Preparation of my lectures on big stages and to various universities. She has already listed a few key points for me that harmonize with the topic, the occasion, the audience and my message, and we are still fine-tuning them together. She takes care of the entire travel organization, billing, even social media support and follow-up.

I can finally concentrate on what I do best: inspiring people. Lea does everything else.

- Lea also regulates all outsourcing. Who do we need for what? A new YouTube video? A slide deck for the next MR? A new app for our community? No problem. She finds the right talent and AI bots worldwide at the best price, ensures that they receive a solid brief, checks the interim results, shows me what is ready for decision-making, pays and evaluates the service providers on the platforms. If she can't do that, she quickly books a human project manager to organize the whole thing as a gig.
- Lea also lets me know if there are new opportunities for me to further develop my own skills. I'm a big fan of lifelong upskilling, because if you stop getting better, you've stopped being good.

Today she recommends an audio course with which, in just 4 hours, I will learn to communicate better with Generation Alpha, who are now reaching working age. Their values and views, differences from Zoomers, fears and worries, challenges that this generation in particular faces. I book the course and Lea herself presents it to me in bite-sized chunks, for example during a break walk through the city forest.

Between the individual topics, as well as throughout the rest of the day, Lea always reminds me to take breaks, get up and stretch, drink enough water and get some sun and fresh air. Because she constantly monitors the oxygen content and sugar levels in my blood via an IR laser on my skin, she can immediately point out if I have forgotten my health again.

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If the situation allows, she even suggests that I take perfectly long power naps at exactly the right time, usually only 15-20 minutes, but they are as refreshing as a 2-hour night's sleep. She knows my circadian rhythms perfectly well and adjusts her suggestions as needed.

Then it's time for the first Zoom with our Jedi Circle. Lea writes down keywords for the topics, lists relevant links and resources and now and then whispers more and more appropriate inspirations in my ear, which increasingly enrich the discussion with others. Information, ideas, facts and examples that I had already forgotten, but that fit the current topic perfectly. Her prompter whispers make me perform at my absolute best in every call.

Plus, thanks to Lea, I don't miss any of the valuable things the other Jedis contribute. This means we manage to discuss and agree on so much in just 30 minutes a week that previously took us 2-3 hours.

12 o'clock. Time for a delicious brunch. I was never a big breakfast fan, but I'm now really looking forward to the whole-grain omelette with fresh wild salmon and crème fraîche that Lea suggested to me on the bathroom mirror this morning.

Thanks to her recommendation, I even get it at half price because this little restaurant is opening today and gives a discount to its premiere visitors. I probably wouldn't have discovered it myself until a few weeks later. She takes me there based on my previous forays into the suburbs.

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"Okay, Lea. How do I get to this bistro?"

Do you remember how to get to the bookstore where you bought the Italy travel guide?*

"Sure."

Four houses away from here, on the same side of the street.

"Okay, that's easy. Thank you."

Always welcome, Flint. By the way: The bookstore sent me an email saying that Peter Diamandis' new book had just arrived. Maybe you want to take a look at it on the way to the bistro? You're meeting him in October, so it would probably be good if you had already read the book.

"Brilliant, thank you! Great idea."

The new bistro is actually really nice and cozy. Inspiring menu selection, good coffee, good tea. I'll come here more often for sure.

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I'm deeply immersed in Diamandis' new book when there's a subtle *bing* from Lea.

"Yeah?"

Please excuse the interruption, but I think the information is valuable for you.

"Okay, tell me."

Your multigenerational house project still needs a 3D animator for the MR app to inspire the crowdfunders, right?

"That's right. Did you find one?"

Much better. He's sitting here in the bistro. Sven is 28, comes from Copenhagen, studied 3D animation in Berlin and has worked for a large architectural firm in Helsinki for the last 3 years. He has just taken a year off to get to know Europe and oversee a few other exciting projects. Do you want to take a look at his portfolio?

"No, I'll do that face to face, thanks. Where is he sitting and what does he look like?"

That's how I met Sven, and it was bromance at first sight. What a highly dynamic, talented, positive young man. Wow. A real asset to the project. I'll discuss our ideas with the Jedi Circle and then we'll meet again in a few days.OBJ

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I have an appointment with my outfit designer at 2 p.m. Since Lea suggested that I optimize my daily external impact through wardrobe fine-tuning, I have been more conscious about using clothing as a form of communication. I used to not care how I appeared to others off stage. It had to be loose, light, black and minimalistic.

But what I underestimated was the effect that better clothes have on ME. For my self-esteem. I only ever noticed this as an effect when I stood on the big stages in a tailored suit and later when talking to people in the audience.

Marcel is waiting for me in his gallery. He also has several income streams, including as a painter, graphic designer and kindergarten teacher. He studied art and fashion design and, as head of the costume department in many German cinema productions, monetized his talents and combined them with his passion for cinema, which we share.

When he heard that I always wore pants from the year 2400 when I performed in 2005-15, namely a security guard costume from the science fiction film AEON FLUXX, he couldn't be stopped. Since then he has created my innovator look - on stage and in real life.

Today he has a strange idea for me: a frock coat-like short coat. Black, noble, almost like a pirate coat. Wow. Reminds me of the piece Ralph Fiennes wore in STRANGE DAYS.

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I tell him this and he looks at me with his jaw dropped. He said: "That was exactly the model! Incredible. So you know the movie?" - "Better still - I filmed with Ralph for three weeks in my first film role in 1991, when no one knew him yet." Marcel's eyes widen. Ha! How I love blowing youngsters away with my old war stories. He's radiant, freshly inspired, and I'm looking forward to the LennyNero coat.

By the way, Marcel was also one of Lea's recommendations when I passed his gallery.

She said: *Hey Flint. Go in here, there's a vernissage right now. The art is mediocre, but you should meet the gallery owner. He's cool. Have fun!*

After the Marcel meeting I walk through the park a bit. I pass a children's playground. Half of the few gymnastics equipment there is rusted or broken, the sand is dirty, and the trash baskets apparently haven't been emptied for weeks.

I ask Lea: "Tell me, Lea... who owns the property where the playground is located?"

The city administration.

"Okay, and who runs the playground here?"

There was a support association at the beginning, but that was dissolved during the economic crisis in 2018.

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"Are there such things as sponsorships from large companies for children's playgrounds?"

Yes, quite a few now.

"How much would such a playground, new and modern and safe, cost?"

About 70 thousand, all in all.

"Okay, write that down as a sponsorship idea for our customer SONY: gymnastics and play equipment that is inspired by Playstation games, but in real life. Paid for by SONY, run by a building management company that assigns someone to look after this space exclusively, and perhaps later also other SONY spaces. Monthly salary 2-3,000."

Got it, noted and initiated. Cool idea by the way!

"Thanks, Lea. I'll switch off for 20 minutes. Emergencies only, okay? I need some peace and quiet and some birdsong." - *Sure. Over and out.*

After the forest shower, she reminds me that it's two friends' birthdays today, and I talk to them briefly. Someone invites me to his party next Saturday. Lea will make a note of this and will remind me in time to get a suitable gift.

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I go to my favorite café, unpack my iPad and work on the PurposeClub for a bit. I'm totally absorbed in deep workflow when I hear a pleasant female voice next to me say: "Hey, sorry to interrupt. You're Flint, right?"

I look up and try with all my might not to show my immediate and complete enchantment. Appearing cool and calm, but friendly and open. Next to my table is the prettiest woman, probably in her early thirties, that I have ever seen in this city. God, she's cute.

"That's right, hi. No problem." (Great, Flint. Really great. Get a grip!)

I stand up, shake her hand, look into her eyes, smile. She smiles, knowing. I point to the second chair. "Take a seat! What's your name?"

That's how I met Sophia.

I'm still completely mesmerized.

She told me that "her Leo" told her about me the last time I was here, the day before yesterday at noon. By now she would have read a few of my poems and researched me a bit. Everything she has seen and read so far matches exactly her values, vibration, and soul ambition.

Then she would have had her Leo contact my Lea to see if it would be okay if she just spoke to me and got to know me.

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I just thought "Ha! THAT'S why Lea didn't give me a hint. Wow." - and that without these well-meaning Als I probably wouldn't have met my third great love.

For the rest of the day I let Lea cancel all appointments and turn herself off (except for SOS/ emergency functions like the heart attack early warning system, of course). Because I wanted to have this first magical day with Sophia for us. And ONLY for us. Because I didn't need Lea for everything that followed. I can definitely do that alone. ;-)

"Thanks for everything, Lea. See you tomorrow!"

*I'm really glad you matched so well, Flint. See you in the morning. Over and out.

♪♪ BingBongBung♪♪ :*

I love my life in 2024. And I really don't know how we were able to manage our complex lives in the time before the Lea's and Leo's, the Life-Enhancing Assistants and Operators. The burnout rates and depression statistics from back then no longer surprise me.

Nowadays, hardly anyone stares at their "life remote control" anymore, and people don't care what smartphone you have. The digital support of the analog world, which was started by PDAs, iPhones and Androids, has finally come of age.

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The focus is no longer on the hardware, but on how we integrate this ingenious tool into our lives, use it to become a better person, to realize our talents and dreams, our abilities and soul missions into the world. Because that's why we are here and now.

Now it's up to us to make the best use of these new tools to do our best.

All of us. Every day.

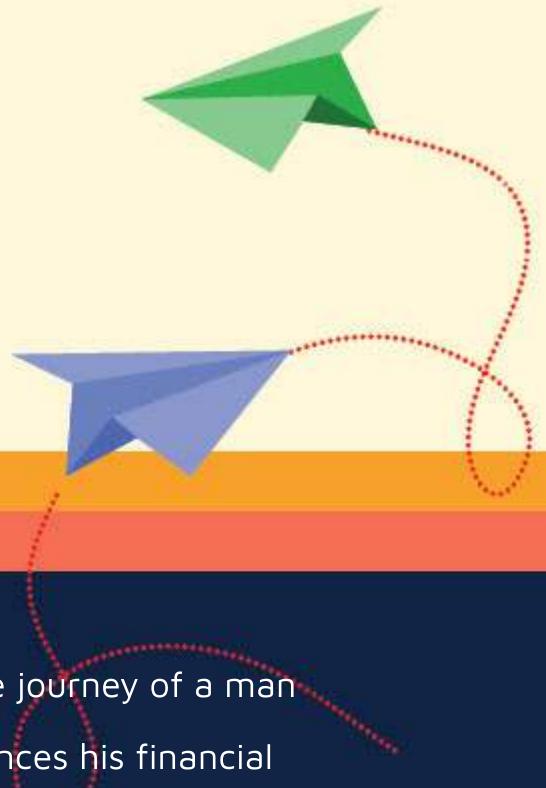
For a better Tomorrow.

Together.

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A DAY WITH LEA



In "A Day with Lea," discover the transformative journey of a man who, with the help of his AI assistant Lea, enhances his financial success, social impact, and personal well-being. As Lea manages his investments, schedules, and even health, he learns to embrace life with newfound joy and purpose, all while making a difference in the world. Experience how a single day can redefine productivity and inspire meaningful connections, thanks to the remarkable bond between man and technology.

This visionary "Future Diary" was written by FutureCoach Marc Flint. The idea for it he got during his 2014/15 work as the Project Manager for a multi-Million Euro exhibition in Berlin for the VOLKSWAGEN AG, coordinating 11 interactive futuristic installations.

This essay and its accurate prediction of the AI assistant and post-smartphone era was preceded by an equally visionary essay in 2001 about "Marketing 2020" where he predicted 3D printers, Smart Homes, Cryptocurrencies, and the iPhone 6 years before its advent. Read more about Flint and his work on his blog www.Future.Coach