

*Allow notifications*  
**Michael Bird**



Unknown Caller



NEWS

M6 delays between junctions 17 and 18 after bridge collision



**Karakoram Peak**

Final discounts on camping gear

Log in to see your special offers



MAILBOX

**From Alex**

***Experimental Writing Prize - Shortlisted***

**Head Judge:**  
Clare Fisher

*The University of Sheffield's  
Creative Writing Journal*

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**Michael Bird**

Are you checking those figures from Q4?



**PHOTOS**

You have a new memory

Fleetwood Beach



**WALLET**

You spent £4,500 this week. Up 350% on the previous week



**MAILBOX**

**From Alex**

Quick reminder:

Are you checking those figures from Q4?

Need report at 23:00



**MonsterBet**

You've unlocked platinum membership

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[Click here to claim discount NOW](#)



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**Since you read *In Search of Lost Time***

This may interest you:

*The Man Without Qualities* by Robert Musil



NEWS

Magpies crash out of cup after Sanchez brace



SMARTQUOTE

"Do one thing every day that scares you," Eleanor Roosevelt



MAILBOX

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**From Alex**

The best advice I ever received was:

Always be honest

However much it hurts

So

It's time I was honest with you

I like you

Everyone in the office likes you

But

You are not fulfilling your potential

Here are ten reasons why:



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**TNS**

Hiya. Alright? Don't forget to take your prescription



**Belle Avenue**

Summer is arriving early

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**Michael Bird**

Want to dress to impress?



MESSAGES

**From Jackie**

This morning, Charlie was eating a bowl of Shreddies, while I made sandwiches for school

Printed on the lunch box was a cartoon princess with green eyes, pink skin and perfect hair



PHOTOS

You have a new memory

Asda Fulwood Superstore



MAILBOX

**From Alex**

1. You don't reply to my texts. This is not professional
2. You are always late with completing spreadsheets
3. You are not enthusiastic about your job. This is not my observation. It's the view of your colleagues

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**Belle Avenue**

20% off just for you

Valid only for the next 30 minutes



MESSAGES

**From Jackie**

I asked her:

“Who’s this girl in the tiara?”

“It’s Sofia,” said Charlie

“Is she in a TV series?”

“Yes. Her mum owns a shoe shop, and falls in love with a king. They marry, and Sofia and her mum move into a palace. The people who work there are a little bit rude to her, because she’s poor”



MAILBOX

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4. Your colleagues say you don't listen to them, and that you keep to yourself. Let me give you a tip: trust your co-workers, and they will trust you. Trust is the silent hero of every team



**SCREEN TIME**

Weekly Report

You averaged 3h 45m of screen time per day last week

Down 30% on the week before



**MAILBOX**

**From Alex**

5. For our company to grow, we must adapt to an increasingly complex and competitive world. That means we need new ideas. You don't come up with new ideas. You don't offer solutions. You offer the same  
You are Same Guy. Not Change Guy  
Convince me you can be Change Guy  
Change into Change Guy



**BATTERY LOW**

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Switch to low power mode



MESSAGES

**From Jackie**

“What else happens?” I asked

Charlie said:

“In every episode, Sofia faces a problem, like something in the way of her dreams, or a person who stops her from doing what she wants to do”

“Does she succeed?”

“Yes, by using her courage and brains”

“Being a princess must help”

“It’s not as easy as you’d think”



Unknown Caller



MAILBOX

**From Alex**

6. You are more interested in your hobbies than completing the tasks on the noticeboard. I am sure this isn’t your dream job, and not where you expected to

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**Michael Bird**

be when you were ten years old, or twenty, maybe even 30, but it is where you are now. The more you commit yourself, the more important the work will be to you, and the better you will perform. This will bring harmony to the office, and happiness to yourself. As a bonus, your colleagues will finally respect you



NEWS

Fishermen stumped by 'pig-faced' shark caught near Naples



MESSAGES

**From Jackie**

While she ate her breakfast, I told Charlie:

“There was an actual Princess Sophia, who lived in the 18th century. She was the twelfth child of King George III. The two of them were very close

“But he was a sad, lonely and strange man. He could not stop talking and writing nonsense, and there were rumours about the crazy things he did. In Windsor Castle, he buried a piece of meat in the grounds, because he thought it would grow into a beef tree. Another time, he shook hands with the branch of an oak, which he mistook for a German King

“Sophia rarely left the royal household, and found it hard to cope with her father’s sickness”

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**MonsterBetz**

Reward points about to expire

Redeem before it's too late



MAILBOX

**From Alex**

7. I gather you have been under pressure at home, and our company understands personal situations. We are respectful, sensitive and patient

But we are also pragmatic

No one's life is perfect

We all have issues

And those issues must not impact the job



MESSAGES

**From Jackie**

"Sophia had a relationship with a former soldier who looked after the King's horses. He was 33 years older than her and came from a lower class. Although the two of them

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were not married, she gave birth to a boy. The palace was ashamed of what happened,  
and did not want the British people to know about the baby

"So the king's staff took the child from Sophia, and sent him to a far off town, where he  
was brought up by another mother

"She never saw her son again

"Like her father, she became depressed and solitary, and would not leave her palace in  
London. She gave away all her money, suffered from various illnesses and lost her  
eyesight

"Blind, friendless and penniless, she died alone"

Charlie finished her Shreddies, and looked at the lunch box

"That is reality," I added

"I get your point," Charlie said. "I just don't understand why you think reality is so  
important"



**TNS**

Hiya. Alright? Your order is ready for pickup



**SMARTQUOTE**

"It's hard to beat a person who never gives up," Babe Ruth

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MAILBOX

**From Alex**

8. Your colleagues make sacrifices for your benefit, and you never do the same in return. Take me: It's Friday night, and I should be out to dinner with my other half, playing squash or watching a film. Instead, I'm drawing up this list for you



NEWS

105-year-old: 'My secret to a long life: eat a cheeseburger every day'



MAILBOX

**From Alex**

9. This is not about 'me' and 'my opinions'. I know we've had arguments in the past, and I've apologised for raising my voice on a number of occasions. But you have to understand that if I can 'man up' and say sorry for shouting, you can 'man up' and act on what I tell you



**Karakoram Peak**

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**Michael Bird**

Try this new Adidas outwear

A perfect match with the boots you bought from us



MAILBOX

**From Alex**

10. I know you and I are not the same person. Everyone is different, and differences are what make each of us special. Difference is healthy and good. But not this kind of difference. Not your kind of difference



PHOTOS

You have a new memory

Motorway Service Area, Knutsford



**Karakoram Peak**

The rucksack you liked is out of stock

[Click here to buy something else](#)



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**Michael Bird**

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MAILBOX

**From Alex**

I can't believe you are not replying  
Even after I sent you that feedback



NEWS

20-car pile-up survivor: 'I saw a mile of hell'



SMARTQUOTE

"Do not be afraid to give up the good to go for the great," John Rockefeller



MAILBOX

**From Alex**

Do you want to be fired?

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**Michael Bird**



NEWS

Vegan crocodiles quickened dinosaur extinction by 20 million years



MOVEMENT

Your walking time is down 25% this week



MAILBOX

**From Alex**

I won't do that for you

I won't fire you



SMARTQUOTE

"Always remember that you are unique – just like everybody else," Unknown



NEWS

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**Michael Bird**

20-car pile-up survivor: 'Driver was speeding at twice the limit'



MAILBOX

**From Alex**

I will not let you go



**MonsterBetz**

How can we serve you better?

Fill in our Q&A

And claim a FREE £10 bet

Be honest with us

We can take it!



**TNS**

Hiya. Just a reminder: TNS is here for all your healthcare needs and advice



NEWS

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**Michael Bird**

20-car pile-up survivor: 'Swerving against the bridge looked deliberate'



PHOTOS

You have a new memory  
Honey Hill, Northampton



NEWS

Robot donkey can stop rhino poachers

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