

Abishek Chudal-User Manual

Where am I in these four areas

1. Health
2. Work
3. Play
4. Love

Health

Health is an important aspect of human life. Healthy is being fit physically and mentally too. If we have a balance between being physically and mentally fit than our life will be better. Doing yoga, meditating and maintaining healthy diet

Work

I have never worked in my life before but currently I am working on campus. I work 15 hours a week, there are also job which can be done just by sitting at your bedroom. Also work at church to serve god.

Play

I love to play online games and cricket. I play cricket in my leisure time and competitive video game so that I can relax myself as playing games is means of relaxation for me.

Love

Love in my life flows mainly with my family and my girlfriend. They are the people who take care of me and helps me in my life, they are the people who motivates me to achieve my goal. I really love cricket too.

Work-view experience

Many people define work depending on the perspective and purpose of the people, I believe there are two sorts of jobs which are at work which is job, career. Even though some people feel work as their burden or just a means to earn money to fulfill their basic need. Job can be working nine to five, selling makeup, or being a homemaker. If your work is worthwhile then you are able to reap the benefit from the effort that you put in for an extended amount of time. Good work deserves to been joy able. It deserves to be something that you are able to put your best skillset into. If you are doing your best work you will gain experience. You will have went through trial and error to experience growth- and

this will then give you a sense of fulfillment if you are putting in your best efforts and care about what you are doing. Currently I am working on campus I am happy because this the best job I could get in this part of my life as a student. Work can be used to provide satisfaction for serving people, facilitating the others, this can affect other people's lives. Work for me personally can understand that I still need the suitable income for me to sustain my life at a moment. So, that I still would love to devote myself to work.

Life-View Experience

As per science Life is defined as any system capable of performing function such as eating, metabolizing, excreting, breathing, moving and responding to external stimuli. But from my personal experience. I agree with science point of view but it is more than that. Life is also about enjoying the moment, loving and helping other, living every moment at its fullest, travelling and exploring this beautiful place where we live

In this life love matters the most to me, Love for my family, for my girlfriend and the care and love that I receive. Also love for my country and my passion matters to me a lot. Different individual have different perspective of life and they value different things. Priority list of different people is different but for me Love comes at top and then social responsibility and all.

Journal about the activity you have done

This week started with sad face of mine because its Tihar (second biggest festival in Nepal) and I was not at home to celebrate it. But somehow, I gathered myself and started my week as usual I went for my class but I prepared Nepali food as I was missing home I made Momo and dheedo. I called my family and video called them for hours and watch them celebrating Tihar. I played FIFA and PUBG with my friends. I tried to finish my assignment before due date this week so I started doing my assignment three assignment per day. I am also watching a series in Netflix so I decided to watch it with my roommate, we both are fond of watching series and playing games so we enjoyed most of my week doing so, in the mean time I also did my assignment and did my laundry. After months I continued going gym also

3 Mind Maps

1.Engagement

2.Flow

3.Energy

Playing video games was definitely fun part of this week and I forget to keep track of time when I play games. I play video games till morning and sometime I don't even sleep I will just flow with game and play for long time. Same with doing my assignment I do assignment for long period of time I will be so engaged in my assignment. I will sit in my chair until I finished my assignment. But there is difference in me playing games and doing assignment and that is I get tired and bored after couple of hours of doing assignment but not while playing game. Going to gym was the most tedious part as I spent a lot of my energy there maybe because I skipped gym for a month and started from this week which made it even more difficult.

Odyssey plan

Plan A

Year 1: Healthy diet, personal hygiene, internship, trip to California and Florida, on campus job, save money

Year 2: buying my first car, pay my debt, make friends, Explore Idaho, internship, minimum expenses

Year 3: clear my debt, apply for other high pay internship, Travel Norway or Switzerland, Visit Nepal to meet parents, hike mount Everest, internship as well as on campus job

Year 4: Graduate, bring parent to us, search for fulltime job, OPT, move to my own place, start to save money.

Year 5: start to look for company who can sponsor my stay here, be organized, save more money, visit Nepal for a vacation.

Plan B

Year 1: going Nepal for summer break, try to score good grade,

Year 2: start to look for internship, save money for future use, minimum expenses, travel California to visit relative, start to do on campus job too.

Year 3: save money, try to maintain good grade, buy car, visit Minnesota to visit brother, travel with brother

Year 4: graduate, bring parents here in us for graduation, search for fulltime job, save money, stay in sharing apartment.

Year 5: search for company with high pay, move to my own apartment, save money, upgrade my car.

Plan C

Year 1: going to Texas for summer break with friends, try to score good grade to maintain scholarship.

Year 2: apply for on-campus job, save money, minimum expenses, maintain grades

Year 3: internship, save money, visit Nepal for vacation, minimum expenses, explore Texas during summer,

Year 4: graduate, look for fulltime job, save money.

Year 5: Look for high pay job, save money, buy new car, visit Norway for a vacation.

