**User Manual Final**

Health: 2

Health means taking care of your body. Making sure you get enough exercise and nutrients.

Work: 3

Work means doing tasks. Whether it is working for money, doing school work, doing house work, and even working on relationships. Work takes effort.

Play: 4

Play means doing things for fun. It means taking off steam and finding things you like to do. These are things that appeal to people differently but are important to fulfill.

Love: 4

Love means feeling like you are important to someone. We all have a human need to be loved. We can find love in a family, spouse, children, pets, friends, and even religion. In our religion we believe we have a loving Heavenly Father.

**Work View**

The reason we work is because things need to get done. If no one worked, nothing would get done and we as humanity would become extinct. Working is an instinct we have. It is for our own survival. Some of us are harder workers than others. With all this being said, there is a need for work to be done so how are humans motivated to work? It is through money. We need money in order to buy a house, have food on our table, have clothes on our backs, and even to fulfill our entertainment aspects. For me, a male, the need for work comes from my instinct to provide. I need to provide for my family and the way I can do that is through working which will then help me acquire money which I can use to provide for my family.

**Life View**

This can be a complicated topic. For me, a big part of my view on life comes from my religious background. In The Church of Jesus Chirst of Latter-Day Saints we believe our life's purpose is to come to earth to obtain a body of flesh and bones and also to be tested to see if we would do right or wrong. The purpose of life to someone without a religious background might be way different. Maybe to some people there is no purpose in life so we should just do whatever we want. From a biological perspective, the purpose of life could solely be for survival. To live, mate, reproduce, and then die. I feel like that doesn’t offer a good feeling if someone actually believes in that. For me, I choose to believe in a higher purpose because even if my belief is wrong, I know I lived a great life and did good.

**Good Time Journal**

Monday October 17th

1. 7:00pm-9:00pm I had an FHE activity. We were invited to our bishopric's house. There we had a bunch of mini games like connect 4, checkers, and cornhole. We also made homemade pizzas!

Engagement: Medium-High

Energy: Medium good energy

Flow: High

1. 10:00pm-11:30pm I talked on the phone with my long distance girlfriend. That is always a good time.

Engagement: Nah we have just been dating for 3 months. Maybe one day.

Energy: High good energy

Flow: High

Tuesday October 18th:

1. 11:30am-12:30pm I was at Devotional

Engagement: Medium

Energy: Medium good energy

Flow: Low

1. 6:00pm-7:00pm I played online video games with my friends.

Engagement: High

Energy: It depends on the game we are playing and how well I do. For this gaming session, it relieved me of homework so medium good energy

Flow: High

Wednesday October 19th

1. 1:00pm-2:00pm I made and ate lunch

Engagement: medium

Energy: Low

Flow: Low

1. 3:00pm-5:00pm I was at soccer practice

Engagement: High

Energy: High

Flow: High

1. 8:00pm-10:00pm I was an Assistant Referee for the BYUI girls competitive soccer game.

Engagement: High

Energy: Refs get a lot of heat so the energy was low bad energy

Flow: High

Thursday October 20th

1. 6:00pm-7:30pm I went bowling with some friends

Engagement: High

Energy: Medium

Flow: Medium

1. 9:15pm-10:15pm I was at my flag football game

Engagement: High

Energy: High

Flow: High

1. 10:30pm-11:30pm I took a late night drive to clear my head

Engagement: Medium

Energy: Low

Flow: Low

**Mind Maps**

**High flow activity**

**Playing video games**

Fun

Happy

Good energy

Smiles

Friends

Happy

Not lonely

Homies

Problem solving

Teamwork

A sense of fulfillment

Making money

Relaxing

Chill

Soothing

Melow

Teamwork

Makes the dream work

Trust

Reliability

Three things that jump out at me from this list are happiness, chill, and teamwork. So the job at hand is a person that shows up to work ready to go. They will work in a team setting so will have to get along with others. This job is not stressful so it’ll be pretty chill. They will work as a team to find solutions to problems the clients give us.

**High engagement Activity**

**FHE activity**

Social

People

Getting to know others

Groups

Friends

Happy

Not lonely

Homies

Pizza

Yummy

Happy

Dough

Gathering

Together

Reunion

Event

Games

Fun

Good times

Strategy

Three things that jump out to me from this list are people, events, and strategy. For this job description, you will be planning events at your local bowling alley. You will be in charge of scheduling, supplying, and maintaining parties such as birthday parties, work parties, etc that are held at this bowling alley.

**High energy activity**

**On the phone with my long distance girlfriend**

Happy

Smiles

Good times

Silly

Social

People

Getting to know others

Groups

Relationship

Friendship

Connection

Love

Technology

Smart

Useful

Binary

Fun

Happy

Good energy

Smiles

Three things that jump out at me from this list are smart, good energy, and people. For this job you will be working for people. You will be making sure all our customers' needs are met by being smart and having good energy. You will help our customers feel confident in our programming skills.

**Odyssey Plan**

**Plan 1**

Normal plan

| Year 1:  I will finish another year of school. I will make sure I maintain a high GPA to ensure I get scholarships. | Year 2:  I will graduate from BYU-I and will have a job lined up. I will probably be married by this time as well | Year 3:  This will be my first year at my brand new job. I will try my best to be an asset to my team. | Year 4:  This will be my second year with the company. I will know the ropes by now and be a little more confident. | Year 5:  I may look at getting a masters degree. I will have been at my job for 3 years if all goes well. |
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**Plan 2**

If I went blind

| Year 1:  Well this first year would be spent learning how to be blind like learning brail, how to walk with a walking stick, etc. I would take time off school till I get adjusted. | Year 2:  I would like to go back to school. I would be more involved with the blind community. | Year 3:  I would be a little more comfortable with my new reality. I would then finish up school. I would look at jobs best adequate for blind people | Year 4:  I would like to be married by this time in a job best fit for my situation. | Year:  I would be able to buy a house at this time |
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**Plan 3**

If money wasn’t an issue

| Year 1:  I would drop out of college. I would also learn how to best invest my money. I would then move closer to my gf | Year 2:  I would get married and travel the world. I would go back home to Hawaii for a while. I’d actually just buy a house in Hawaii | Year 3:  I would like to get into charity work and help those around me. | Year 4:  I would start a program to help foster kids because I was one | Year 5:  I will start a family and do fun things with them. I would continue helping others |
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