Health ½- Health to me is how the amount of rest you get how active you are and your diet. I believe that I am a ½ on this because I tend to not get enough of any of those things. I don’t sleep for long enough, I try to eat healthy but I’m not a good cook and I usually work out but ive gotten worse at going consistently.

Work ¾- Work to me is how often you spend time doing something that either benefits you or an employer. The reason I said ¾ is because I am always working. I am constantly doing homework and then going to my job. I also exceed at my job most days.

Play ¼- Play to me is going out and doing activities that you enjoy. I feel that I do not get out enough and do things I enjoy. I do not have a lot of spare time and I don’t have many friends in Rexburg. Because of these reasons I am often stuck in the same schedule of my life.

Love 2/4- The way I would define love is saying its about the relationships you have with people and the extent of them. I have great relationships with many people in my life. The problem I have is making new ones and finding a girl to share love with also. I also don’t have many close friends in Rexburg like I mentioned earlier.

The main problem id like to tackle is making new friends while in Rexburg. If I was to make good friends here then the love and play aspect would all go up. Friends could also have effect on the others but it will directly impact love and play for me.