User Field Manual

**Work, Health, Play, Love Dashboard**

Health –

To me, health is the holistic well-being of myself. It’s consistent accountability to make sure that I am taking ownership of my physical, mental, and spiritual well-being to prolong and improve my life.

½

I’d personally tackle the personal accountability on my physical health.

Work-

Work is whatever I am doing to further goals that I have. Whether that be fiscal, family, or faith based things that enable to find the biggest burdens I can carry, and to carry them. This not only moves my personal progression forward but that of my community.

½

I personally need to move forward fiscally, however, the other areas I overall do fine on.

Play –

Play is what I do that brings me joy/satisfaction regardless of anything else.

½

I genuinely enjoy life, though, there are some hobbies I want to pursue more.

Love-

Love to me is divided in the different categories that the Greeks but love into that regard different aspects of affection.

¾

I have a great relationship with friends and family.

**Workview and Lifeview Compass**

Workview –

Work is the expenditure of energy for a cause (sometimes that cause may be work itself). We work in order to further our purposes on here which for myself include: becoming more Christlike, promoting a secure life for myself and loved ones, and moving forward my creative urges to mold things in the world that I want to see happen.

Lifeview-

Life is the sphere we are in by which we are bound to the eternal truths of progression. Life is the pursuit of eternal joy made possible by bringing order out of chaos through work. God ordained this life to let man progress to become like Him. We are placed in families to practice virtues and promulgate the human race.

**Goodtime Journal Entries**

5/23

Attend class

Watch youtube – medial engagement, medial energy

Take a nap

Go to FHE – high energy

5/24

Attend class – high engagement but drained energy

Eat Lunch – Gave energy

Take a nap – Low energy initially, gain energy shortly afterward

Work on Homework with interspersed breaks – put me in a flow state, breaks helped reorient after being in flow state for a little bit

Called friends – high engagement, high energy

Build logic gates – high engagement, low energy

Went on a walk – low engagement, medial energy

Reading scriptures – high energy, medial engagement

5/25

Wake up – High Energy

Attend Class – Low energy

**3 Mind Maps**

**Diagram

Description automatically generatedA drawing on a paper

Description automatically generated with low confidenceA drawing on a paper

Description automatically generated with low confidence**

**Odyssey Plans**

A close-up of a book

Description automatically generated with medium confidence