Abel Schaaf

Health:

To be healthy not only means capable physically but also satisfaction mentally. I wish to feel comfortable in whatever I am doing, to know I am doing something that brings me some sort of fulfillment.To feel whatever I do either makes me happy or brings me forward to a certain goal, such as fulfilling my card game addiction or completing college. I wish to feel needed in some capacity, like whatever I may be doing matters in some sort of fashion. If I am working a job I would like to feel some sense of genuine contribution.

Work:

In my life I have only worked one official Job. I was part of a sub assembly division for a dental chair company. I put together several smaller air and water regulation devices for the chairs. It was relatively boring but the schedule was consistent and the pay was not terribly bad. I have not really participated in any official volunteer work but I do not mind volunteering for people I know in doing simple tasks. At my own house I am responsible for getting my homework done primarily. Just like this assignment right now, I am doing my best to make sure get the necessary work done. In my family life I am simply responsible for whatever chores my mother assigns me such as vacuuming, tending to animals, scrubbing, dishes, and laundry.

Play:

Primary hobbies include playing card and video games. I have spent a good amount of time with both. When it comes to more productive activities the major one is making wooden props. I have not been able to do this for a while due to limited access to machinery, but I love using a program called rhino in order to make 2d mappings that I can upload and use an industrial laser machine to carve out of wood. It helps me express a decent amount of creativity and I find it very fulfilling overall.

Love:

The first person I go for love is my girlfriend of three years. She means the world to me and brings me the most comfort out of anyone I know. I could not be happier having her with me. Other relationships I go to are my online friends primarily. I have known them for many years and I have a great time goofing off with them in whatever game we play together. They bring lots of fun and fulfillment. I have a great relationship with my family overall and they all show plenty of support and I do hope I show plenty enough back. I also love my two cats back in Oregon. I am very much a cat person and I do very much enjoy all they have to offer.

Measure:

Health; 1

Work; 1/4

Play; 1

Love; 1

The only reason work is not a 1 is because I could definitely use a bit more work in my life. This is primarily because I do not have a paying job as of right now and it would be nice to have a little income if I could get it. I do not perceive it as a gravity problem but it definitely is something that is not completely fulfilled as of right now.

Compass:

Workview:

To work means to be able to provide for my future family and ideal living. I want to be able to earn enough to be secure, make my family happy, and in order to fuel my own hobbies. Work is for money, to make a living, and to have purpose. If I were to have a career I enjoy I definitely would feel a sense of purpose and progression. I would feel like I am contributing and succeeding on something outside of my own life. It would keep me engaged in life and keep my hands from being idle. Work is how society progresses, and money is the reward. By serving in some sort of fashion I can have money which will fulfill my physical desires, because the two things money cannot buy are health and genuine relationships. As one works you gain experience in knowing what you like and dislike. Where do you want to work, and what is worth the hours.

Lifeview:

The meaning of life to me is to simply enjoy it. Do what you want in life, and work to enjoy it as long as you are not actively harming others as you progress. Life is meant to be lived, to experience, to learn, and to improve. To me without much religion involved, that is the purpose of life. The world as a whole simply fits in as people to meet and form relationships with in order to enjoy and progress more in life, life is more enjoyable with others at your side. I feel it is necessary to have any God to define good and evil, even if it is not God, it is one higher power even for atheists. There has to be some sort of higher power in your life in order to form an order of what good and evil truly are. People who truly go without some sort of higher power or higher principle to me are truly lost because having one really is the backbone to morals and society as a whole.

Work & Life:

To me they do not really conflict because even work can be enjoyable even if it is a drag at the same time, because to me, a guy, work does bring purpose and fulfillment, and gives me accomplishment. They definitely do drive each other though because to work is to be able to enjoy life more by enabling yourself and continuing your personal progression and learning.

Good time Journal:

Day 1, Monday:

* Went to classes on BYUI campus. It is my schooling, it was a structured event. It felt pretty boring to go to classes. It was very familiar to go at this point since I am deep into the semester. The primary tool I used for it was a laptop. I sat as teachers taught the class in order to forward education
* Played video games at home. It was a personal activity for fun and it was relatively unstructured. It was at my apartment and brought satisfaction. I played it on my playstation console and primarily spent the time on my own.
* Looked up about Yugioh cards. It was a personal activity at my apartment for fun. I used my physical cards and both laptop and phone in order to research certain decks of cards. It was relatively positive.
* Went to FHE. It was a structured event behind a church in a field at a corner of campus. We all played frisbee. It was with eight other people including a friend, girlfriend, roommates, and other people within the FHE. It was a negative experience due to lack of people, it not being a long activity, and other personal factors.

Day 2, Tuesday: