

Chapter 2

Work view Reflection: I view work as something that is fulfilling and will allow me to be able to help others. Work is a means to the end of taking care of my family. I have viewed not being able to work with a significant amount of fear that I think stems back to fears of being alone. If I take the time to have a strong work life, then I will be able to show those I love that I will be able to take care of them. I also feel like work is something I should be proud of. I find a lot of people do jobs that are underhanded and not cool, and I don't want to become that in the name of fearing I won't be enough for my family. I have found a lot of conflict in looking for the 'perfect' job and looking for a way to bless my family.

Life view Reflection: I know the reason I am here on earth and what I am supposed to do. I find myself feeling regularly wondering why do I come around to places a lot. I can read my scriptures and love others. I wish I knew how I could take myself to a place where I can bless others and find more joy. I do find it in the gospel of Jesus Christ. I fundamentally find things that hurt people in the name of just hurting others evil. I also know that I have a streak of hurting people whether on purpose or accident. I am always concerned that I am not doing the right thing to bless the people I care about most. I have come to really care about other people, and I wish I could just care about myself as much as I care for others. My needs are not needs in my eyes. Other people are what deserve all my efforts. I am aware there is a balance. Again I don't think I have found it yet.

My view of life and work are very similar in the way that both revolve around me being desirable to others, and being able to take care of them when they are in need. Unfortunately the work view is so strong in a black in white world that it will push me to have an unhealthy way of viewing my own personal life. My life view revolves so much about being able to help other people that it is the main motivator for me to have an extreme opinion of how I should work. This has also led to a life of extremes that comes at my personal health's cost.

Monday

Classes 7:45-11:00

Low engagement low negative energy

Lunch making pasta 11:20- 12:30

Low engagement low negative energy

Took friends to the store

Mid engagement, mid positive energy

Had dinner with friends
Low engagement, High positive energy

Played cards and cried with Lauren
High energy, both high negative and positive energy

Tuesday

Classes 9-1:45
mid engagement, low positive energy

Spending time with Lauren just talking and eating cookings 3:30-5:00
High engagement, High positive energy

Doing my CSE111 homework 5:00- 6:30
High engagement, mid positive energy

Playing puzzle games with Emma 8:00-10:00
Low engagement low negative energy

Learning to crochet 6:30- 8:00
High engagement low Positive energy

Wednesday

Classes 7:45-11:00
Low engagement low negative energy

Lunch making pasta 11:20- 12:30
Low engagement low negative energy

Mind Map

High engagement activity

CSE Homework

Building code

Typing

Looking for solutions
Creating
Solving problems
Thinking a lot
looking in new places
studying notes
Looking at a screen
Tired eyes
Not looking at the clock
Glasses
deadlines
Fear
Stress
Desire to succeed
high expectations
Success
Not wanting to let myself down
Needing to be better than others.

Job description : *Desire to succeed, Stress, Creating*

Looking for solutions and wanting it to solve the problem in a high-pressure environment

High energy

Spending Time with Lauren

Hormones

Exciting
Quick heart rate
Not worried

acceptance

Love
Desire to be accepting of others
Validation

Learning about myself

Pain
The gospel of Jesus Christ
Finding purpose

Goal setting

Failure and learning
Wondering what I want
Introspective thoughts

Laughing

Smile Joy
loud

relaxed
Helping someone else
Service
Joy
Not thinking about my self.

Job description : *Selfless, Pain, Joy*

Taking care of others even at the cost of my own well-being to see others have joy.

Flow

Crocheting

small details
Worrying about success
Impressing others
Self confidence
quiet
Relaxing
not involved in others
Sitting
Alone
Rest
Lonely
Thinking
Colour and Problem solving
Retrying
Not giving up
Creative
Comfortable
Chill
soft clothing
Personal

Job description : *Relaxing, Self-confidence, Personal*

Finding joy in myself.

Life one What I want to do:

Year 1: I want to finish classes and start dating a young lady

Year 2: Graduate from BYU-Idaho, Get married

Year 3: Get a job hopefully paying in the 80,000 range start a family

Year 4: Enjoy working and raising my child.

Year 5: I would love to have a remote Job and maximise the amount of time I can with my family.

Life two when the Wife dies in Labour:

Year 1: Start the grieving process, probably drown myself in schoolwork

Year 2: Graduate from BYU-Idaho early, get a job as soon as possible to support the motherless child

Year 3: Hopefully finish up the grieving process, and get back on my feet. Take care of my child.

Year 4: Help my child start with school and start the transition from remote to office work for when child is at school.

Year 5: I would strive to work in an office where there will be people to see. I want to be able to find someone to love and take care of. Maybe I'll try to get into the medical field.

Life three plan Money image not issue:

Year 1: Change schooling to be a study of manipulating human emotion

Year 2: Graduate from BYU-I and get Married

Year 3: Start looking for Jobs in the world of food research and development

Year 4: Create a product that is revolutionary like Honey crisp apples.

Year 5: I would love to go to visit all the best places to eat. I would go for a career in the food industry. I would want to be in the administration side of developing new GMO's.