User Manual Chapter 2

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

Health:

My Definition: Having good balance between all aspects pf your life. Is not a daily balance

Self-Measurement: 3/4

Work:

My Definition: A way of sustaining yourself with a skill or skills so you can provide for yourself and potentially others

Self-Measurement: 3/4

Play:

My Definition: The opposite of work, meant to relieve stress and help you balance your priorities

Self-Measurement: 1/2

Love:

My Definition: The intimate attention you give something, shown by the care and infatuation given to it.

Self-Measurement: 1/2

**Workview and Lifeview Compass**

My Workview:

Work is to help us provide for those that are dependent to us. We could be solely independent at times, but maybe we end up having children or spouses that need our care. Work can also be used as a semi-social platform; it’s used to network and communicate the needs of others. It is also something that can define who we are. If we work hard or are rather lazy, if we are trying to help others, or maybe some people harm others, whatever one does for work can say a lot about them. These positions make up our society and are important roles that everyone needs to hold, they give us some sort of structure, and even though it does happen, they definitely should not create any sort of division between a community. They should work together seamlessly

My Lifeview:

We are here to grow and develop as individuals, to try and become the best that we can with the resources that we’ve been given. Some are better off than others, but that doesn’t mean people can’t work hard and achieve what they’d like. I think there are a very limited amount of things that we are entitled to as humans, but even then those things are neglected. I think a general respect for everyone around us is one of those things, but our basic freedoms, such as that of speech and thought, are some things that need to be upheld by all that live.

**Goodtime Journal Entries:**

Monday:

* Getting ready for class - Low Engagement, High Energy
* Web Development - High Engagement, Medium Energy
* Technical Teamwork - High Engagement, Low Energy
* Eat lunch - Low Engagement, High Energy
* Talk to my sister - Medium Engagement, High Energy
* REL 250c - High Engagement, Low Energy
* Programming Building blocks - Medium Engagement, High Energy
* Work: High Engagement, Medium Energy
* Gym: High Engagement, Medium Energy – **Flow**

Tuesday:

* Devotional - High Engagement, High Energy
* Homework - Medium Engagement, Low Energy
* Work - Medium Engagement, Medium Energy
* Video Games - High Engagement, High Energy - **Flow**
* Gym - High Engagement, Medium Energy – **Flow**

Wednesday:

* Morning Classes - High Engagement, High Energy
* Homework - Low Engagement, Low Energy
* Afternoon Classes - Medium Engagement, Medium Energy
* Work - High Engagement, Low Energy - **Flow**
* Eating Food - Low Engagement, High Energy
* Gym - High Engagement, Medium Energy - **Flow**
* Homework - Medium Engagement, Low Energy

Mind Maps

Engagement:

* Entertainment
  + Problem Solving
    - Video Games
    - IT
    - Coding
  + Physical Exertion
    - Working Out
    - Hard Labor
  + Learning
    - Coding
    - School
    - Church-Related
* Social Atmospheres
  + Work
    - Coworkers
    - Customers
  + Family
    - Siblings
    - Parents
    - Cousins
  + Friends
    - Close-Friends
    - Friends From Home

Energy:

* Relaxation
  + Games
  + Recovery
* Motivation
  + Talking to Family
  + Motivational Videos
* Social Interaction
  + Friends
  + Strangers
  + Family

Flow:

* Goals
  + Fitness
  + Educational
  + Life
* Work
  + Helping Others
  + Career/Computer Related
  + Learning Atmosphere

Odyssey Plans

Ideal Odyssey Plan (Plan A):

* Continue working at the Help Desk, steady relationship, good grades (b’s and up)
* Have an internship set up, continuing schooling, have a calling
* Have a job set up, maybe from my internship, or not
* Graduate, be close to or already married, move out of Idaho, saving up for a house
* Be closer to a house and financial stability for a family.

Business Approach (Plan B):

* Study something in the health field (probably nutrition or PT)
* Network, work somewhere in a gym and create my own social media market, relationship
* Have some sort of plan set up to join or create a company
* Graduate with my degree, continue working, make money training others
* Keep up the good work

Money Free (Unlimited Plan):

* Continue my studies, get a good job and use my resources to further my education
* Get my internship set up, probably get married
* Have a job set up out of Idaho, get ready to buy a house out there,
* Graduate, move out and start my job
* Start a family, keep working