# Mahonri Ray – User Manual Part 2

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

Health: 85% full

Health wise I am doing really well. Physically I am doing the best, I exercise often, and eat healthy somewhat regularly. Mentally I am doing the best now that I’ve ever been in my life, but it could always be better. Spiritually, I’m in the same boats as mentally where I feel like I am in a really swell posisition, but things could always be better,.

Work: 90% full

Work to me is any task or situation I must do in order for me to advance in different aspects of my life. I currently am not working for monetary gain at the moment, but I am diving head first into my studies so that I may hopefully find a great internship/job after college and make decent money so I don’t feel like I am wasting my talents on a minimum wage job.

Play: 95% full

Play is what I get to reward myself with after I do all my work and am in a place where work can be put on hold or have enough tasks done. I have found a decent routine that allows me to balance work and fun, all whilst not overloading in one of the areas.

Love: 90% full

Love is important to me. Love is what drives me to complete, love makes work fun, and helps my health in all the areas I mentioned. It might not be a love directed towards someone at the moment, but I love where I am at in life as well what I am doing.

## **Workview**

My view on life and work complements one another because I need work to live, and I live to work. Not saying that I want my life to be work 24/7, but work is what allows me to explore the aspects of my life that I do love. Which is anything physical, which includes sports, the outdoors, exploring my artistic side, as well as music. All of these things I wouldn’t have been able to explore if I didn’t have work which made me a little bit of money. Therefore work allows me to have more work, but work I absolutely love and adore doing.

## **Lifeview**

Life is life, I don’t know how to fully explain it, but everything is life. We are here to do whatever we believe we are here to do. For me I believe I am here to make the most of the life I have been given, which includes the spiritual goal of returning to live with Heavenly Father again. Family is super important to me, whether or not my life will include a family of my own I know not, but I have a super good relation with my sibling and the friends I call family. Just because I don’t have my own family doesn’t mean I’m not part of a family. My belief on good is doing right by others, but if your belief on good is different than mine, I have no disdain as long as it doesn’t involve the harm of anyone else. Evil is specifically trying to bring down others for whatever reason.

Good Time Journal

Monday October 17

1. Woke up. Around 6:30
2. Showered and got ready for the day(Brush teeth, comb hair, etc.).
3. Went to class. Was decently engaged
4. Got back home around 2:00 p.m.
5. Facetimed parents whilst eating food.
6. Went back home to do homework.
7. Went to FHE, played Mario Kart and ate tacos
8. Left early to go play volleyball
9. Went to McDonald’s afterwards
10. Lied in bed watching prep material for classes until ~1.

Tuesday October 18th

1. Woke up around 6:30
2. Showered and got ready for the day(Brush teeth, comb hair, etc.).
3. Went to class. Thoroughly engaged.
4. Got back home around 10:30
5. Napped until 3.
6. Went and ran some chores with a roommate.
7. Made myself food, quesadillas of course.
8. Did about an hour of homework.
9. Played video games with roommates.
10. Played volleyball until 11:30
11. McDonalds afterwards
12. Learned about my Grandfather’s passing
13. Stayed awake until ~3:30

Wednesday October 19th

1. Woke up late. Around 7:03
2. Brushed my teeth and tried to fix my hair as I best could.
3. Went to class. Dozed off in classes when there was a dead time and slept through my remote virtual class.
4. Really lacked the motivation to keep up with the good journal this day.

Thursday October 20th

1. Woke up on time. 6:30
2. Showered and cleaned myself up for the day.
3. Went to class and had decent discussion and was pretty actively engaged.
4. Class was over and I went grocery shopping afterwards
5. While shopping, I talked to my mother and finalized details about my trip to Arizona the upcoming week for the funeral for my Grandfather.
6. Went home and made Mac & Cheese. Not the box garbage, but the good stuff
7. Worked on homework.
8. Played volleyball with friends
9. McDonald’s afterwards.
10. Sleep

Friday October 21st

1. Woke up around 12…
2. Had breakfast. Cocoa pebbles
3. Showered
4. Made cookies. Chocolate Chip Cookies
5. Binged Gilmore Girls for literally the rest of the day
6. Took a bath/shower again to help with my migraine
7. Reheated some Mac and Cheese
8. Brushed my teeth and went to bed.

Good Time Journal Reflection

Were there any surprises?:

Not really, my grandfather’s passing wasn’t something that was out of the blue unexpected. It still did however put a damper on a couple days of the week. I spent a lot of time reflecting on the memories I have of him, or thinking about the person he was.

Analysis:

Comparing the days of my week, things that engage me are whatever challenges me, physical exercise, and having a strong social connection with a few people around me. This was a really tough week for me, but having a strong support system around me, as well as having a tight knit family and having a decently strong basis in my faith help me endure through all challenges and get me through the day.

Mind Map.

1. High engagement: Going to class on Tuesday, I was highly engaged this day
2. High Energy: Volleyball, it releases stress, takes the weight off my shoulders and I don’t feel bogged down doing it.
3. High Flow: Napping for four hours. I felt recharged afterwards and was able to accomplish many things that might not have been easy to do when I was tired.

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| --- | --- | --- |
| Fun | Necessary | Needed |
| Engaging | Challenging | Rejuvenating |
| Challenging | Learning | Desired |

Included up above is the words that were roughly found in each mind map I drew up in class.

All of these words apply (except for maybe Napping -> Challenging) to each subject that I made three separate mind maps for

Job Description for Three Words

Fun: Something that brings enjoyment to you. It allows a break from the everyday stress, an escape if you will, with an activity that you want to do.

Challenging: An obstacle that provides you with a problem that won’t be easily solved. Requires thought and effort and to overcome in a way that will provide valuable experience.

Necessary: Absolutely needed, can’t live without. Vital for reasons that may or may not be obvious.

5 **Year Plan**

1. The Boring Necessary Plan That Brought Me to BYUI
   1. Graduate College
   2. Find a Job
   3. Buy a house or live somewhere nice
   4. Make Money for a family that may or may not happen
   5. Retire and play golf all day
2. The Necessary Plan if Plan 1 Falls through.
   1. Find a decent paying job that wouldn’t require a degree
   2. Try to get back on track with Plan 1 if at all possible at a different location.
   3. Save up money where I can to hopefully find a path that makes it so I don’t live paycheck to paycheck for the rest of my life
3. The Ultimate Live Life My Way Plan
   1. Own a house in Bali, Australia, California, Hawaii.
   2. Surf all day and worry about nothing.
   3. Travel around whenever my heart desired to do so.
   4. Open up a little surf boutique and sell surfboards on the low low.
   5. Surf the rest of my life and worry about nothing.

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| --- | --- | --- | --- | --- |
| YEAR 1:  GRADUATE  COLLEGE | YEAR 2:  GRADUATE  COLLEGE  FIND A  JOB | YEAR 3:  FIND A  JOB  LIVE SOMEWHERE  NICE  BUY A HOUSE | YEAR 4:  LIVE SOMEWHERE  NICE  START TO SAVE UP MONEY | YEAR 5:  LIVE SOMEWHERE NICE  SAVE MONEY  START WORKING ON MY GOLF GAME |

**THE BORING NECESSARY PLAN THAT BROUGHT ME TO BYUI**

QUESTIONS:

1. Will this plan bring me happiness.
2. Will this plan’s difficulty be worth it after it’s been accomplished?
3. If I want this plan to bring me happiness, why is Golf included?

**THE NECESSARY PLAN IF PLAN 1 FALLS THROUGH**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year 1**  FIND A DECENT PAYING JOB THAT DOESN’T REQUIRE A DEGREE | **Year 2**  FIND A DECENT PAYING JOB THAT DOESN’T REQUIRE A DEGREE  TRY TO GET BACK ON TRACK WITH PLAN 1 IF AT ALL POSSIBLE | **Year 3**  TRY TO GET BACK ON TRACK WITH PLAN 1 IF AT ALL POSSIBLE | **Year 4**  SAVE UP MONEY WHERE I CAN SO I AM NOT LIVING PAYCHECK TO PAYCHECK  FIND A NEW PATH THAT BRINGS ME MORE SUCCESS | **Year 5**  SAVE UP MONEY WHERE I CAN SO I AM NOT LIVING PAYCHECK TO PAYCHECK  FIND A NEW PATH THAT BRINGS ME MORE SUCCESS |

Questions:

1. Will this bring me happiness?
2. What’s so great about plan 1?
3. Will this plan provide a way for me to live comfortably?

**THE ULTIMATE LIVE MY LIFE MY WAY PLAN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year 1**  OWN A HOUSE IN BALI, CALIFORNIA, AUSTRALIA AND HAWAI’I | **Year 2**  SURF ALL DAY AND WORRY ABOUT NOTHING | **Year 3**  TRAVEL AROUND THE WORLD TO WHICHEVER PLACE MY HEART DESIRED | **Year 4**  OPEN UP A SURF BOUTIQUE AND SELL MY SURFBOARDS ON THE LOW LOW | **Year 5**  SURF THE REST OF MY LIFE AND WORRY ABOUT NOTHING |

Questions:

1. There are no questions, this plan would be amazing to live