User’s Manual

**My style**

I am someone that is pretty simple, but that is all about being direct and strict. I hate being late, and I love doing things in a very methodical way.

**What I value**

I value hard work, competence, honesty, goodness, professionalism. In a professional setting, I value friendship. I think that there is nothing better for a team than to go out to have a drink, go play laser tag, or do an escape game outside of work. I see this being something that truly helps to become an effective team.

**What I don’t have patience for**

I don’t have patience for people who beat around the bush, or when people get to an appointment late, but I also don’t have patience for being late myself. If I already know something, I don’t have patience for being told how to do it again.

**How best to communicate with me**

The best way of communicating with me is by being brutally honest. I love feedback, so that is something that I enjoy. On a similar note, I like getting correction in a timely matter.

**How to help me**

Like I said before, the best way of helping me is by giving me honest feedback. I believe that there is no better way to learn than through honest feedback. This makes it so that I can learn from the people who actually care and want me to succeed in a professional way. If something is explained to me, the best way to do it is by actually explaining the “why” to the reason why I’m getting help. I also enjoy visual help a lot. I like being shown what to do physically.

**What people misunderstand about me**

The first thing that people misunderstand about me, is my character. They see me come, this 6’6 man, and they just assume that I am this rude, scary dude. When in reality, I am a nice guy, that is always willing to serve and help those around me. The second thing that people misunderstand about me, is that as soon as they figure out that I am from Switzerland, they just assume I don’t speak good English.

**Health:**

Definition: Health is how you are doing physically, and mentally.

Measure: 1/2

Analysis: I need to be better

Summary: Health is important, and if it isn’t doing well, things won’t go well in general. This means that I need to improve on this and take time for myself to work towards having better health.

**Work:**

Definition: Work is putting time into something that you are hopefully passionate about, so that you can make money for you and your family

Measure: 3/4

Analysis: I’m on the right track

Summary: So far, work has been going really well because most of the time, I work in places where I am passionate about the work.

**Play:**

Definition: Something you do in your free time, to have fun.

Measure: 1/4

Analysis: Top priority of improvement

Summary: I need to put more time into my free time. Spending time with my wife needs to be a higher priority, even though it happens quite often already.

**Love:**

Definition: Is the feeling of joy you have when you are with that special someone.

Measure: Full

Analysis: I need to keep going like this

Summary: I feel the love of others around me, and I strive to give it back.

**Compass:**

Work view:

I think that work is important for us to live. If I didn’t have work, I would be bored. Work is important for us to stay active in life, but also for us to be able to bring in the means to sustain our family. Work isn’t only just going somewhere, doing what we’re asked to do, and going home. It rather is a place where we need to be professional, respect others, and strive to bring the best out of our coworkers. Work starts now! As a student, even if I’m not working at a career job, those experiences I get at my student job, help me be a better employee in the future. Studies also directly train me for work in the future.

Life view:

For me, life is being with those that I love. We are put here to have great experiences, and ultimately go back to our Heavenly Father. We are here to build connections, grow our love for others and strive to be the best version of ourselves. But life can be very different from one person to the next. A young girl born in Ivory Coast might not have the same life experience as a young girl being born downtown New York City. Their life experiences might be different due to opportunities and means, but their purpose in life should be similar: To grow relationships with those around them.

**Time Journal:**

This week, I was sick, in bed for most of the week, so I didn’t have much activities that provided me energy. But as I review my weekend, I felt like surprisingly, coding brought a lot of positive energy in my mental health. Something else that brought quite a bit of energy was watching the champions league final. As I was supporting my team, even though they lost, I felt my heart pumping, and the adrenaline come up. When the game ended, my energy didn’t go down. I felt like going on a run, and do energy filled activities. Doing basic homework, where I have to write down long paragraphs though, does take some of my energy away. As much as it is important to do it, I have seen that I need to take breaks frequently to be able to make it through more easily.

**Mind Map:**

**Odyssey Plan:**

Odyssey 1: I’m going to finish my studies, start working in business, in the US, and eventually get an MBA

Odyssey 2: I’ll go back to Switzerland, find a good job there, and continue my life with my family over there

Odyssey 3: If money wasn’t an issue, I would go for a world tour with my wife, and we would try and help others all around the world.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Title | Year 0 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 |
| My life in the US | I study at BYUI | I study at BYUI | I study at BYUI | I move somewhere in the US, wherever my job is. We buy a house there and start working | I work at that same company | Start an MBA |
| My life in Switzerland | I study at BYUI | I study at BYUI | I study at BYUI | Move back to Switzerland, where I have a good job opportunity | Continue working there | Have a promotion |
| World Tour | Tour North America | Tour South America | Tour Oceania / Islands | Tour Asia | Tour Africa | Tour Europe |

Odyssey 1:

Questions: Are you sure you want to stay here? What job would you want? Are you sure that an MBA that early is a good solution?

Resources: through the plan, 50%, after the plan, 90%

Likeability: 70%

Coherence: 90%

Odyssey 2:

Questions: What would the job be? Are you sure you could get a promotion? Is that better financially than the first plan?

Resources: 70%

Likeability: 60%

Coherence: 90%

Odyssey 3:

Questions: Aren’t you afraid of getting bored? Aren’t you afraid for your guys’ safety? Could you have kids if you do that?

Resources: 20%

Likeability: 90%

Coherence: 90%