Sam Benson

CHAPTER 2

Health:

Scale: 1/2

I am not working out like I should. I’m busy with school. My spirit is high I think because I’m reading my scriptures and praying regularly. My mental could be better. I feel drained and unable to express myself.

Work:

Scale: 3/4th

As a student I worry that I am swamped, I have so much to do and right when I feel like I’ve done everything and can relax I find out there is more later and have to suffer for just trying to get a break. I have a calling now but haven’t done much. I would love to be working on hobbies and personal endeavors, drawing, game design and writing. However, due to me feeling drained and the lack of time I really get to relax. It never feels like I have time. And when I do have time, I can’t work on it to the best of my ability.

Play:

Scale: 3/4

I’ve been playing video games to relax and it’s nice. But I’m not good at the more competitive games I recently got and it saddens me at times. I want to be good so I can at least feel like the time I’ve playing isn’t wasted. Or at least be able to have some indicator that I’m doing well. I love designing characters and games and I sometimes just do that in my head. But again, it’s hard to put things on paper. I also waste a lot of time on YouTube which can be humorous, but I wish I could be a bit more productive sometimes.

Love:

Scale: 1/2

I always receive support from my family. But I sometimes feel like I can’t tell them everything and I don’t know why. Is it because I’m embarrassed or something more. I’m friends with my roommates and I do game nights with them. But I also wish I could talk online with my friends from Arizona. They seem to all be busy but then again, they respond to each other but not so much to me. Did I do something wrong? I have other groups that I’ve joined recently but I don’t know many of the people in each of them so it’s hard to connect. I also need to contact family more often.

Work Reflection:

Work is a responsibility given to us based on our own capabilities and interests. It doesn’t necessarily have to be something we enjoy doing every day. But I feel that if we don’t enjoy the job we are doing everyday then what is the point? The reason why we work is so that we can 1. Provide a service the community 2. Earn money to support ourselves and whoever we are also supporting and I would like to believe that work should be a third thing: Being able to grow our own capabilities as a person by following our desires and dreams. I know that many people see work only as a necessity. My father can be like that. But I refuse to accept a life where I’m not enjoying the thing that I get paid to do every day. That kind of life sounds depressing and demeaning. But it is important to work because it teaches us responsibility and earns us money which is used for both wants and needs. We are alearning species however, so I believe that the growth experience that comes from jobs can also be considered a reward. SO why would I learn to do something I don’t enjoy doing? It’s a question and a philosophy I’ve considered a lot throughout my life and I’m not entirely sure what the answer is.

Lifeview:

We are each given this life by an almighty God. One who loves us and wants us to succeed. I believe that He knows us perfectly and loves us perfectly as well. And because of this, I also believe that he is constantly pushing us to become the best people we can be. However, sometimes I doubt how much of a choice we get in that. I also believe that the purpose of this life is to follow righteous desires and personal dreams in order to seek out our own best selves and live a life worth living. A life we enjoy and a life we love. We have families so that we can have a community of people who love and support us and are connected to us for eternity. Family is the strongest bond there is and there is power in the family unit. We as indivduals should also spend our time in life seeking others. Friends and individuals that we meet can also play a part in helping us become our best selves. But personally, I also worry about how much effort we must put in as well. And I wonder if there is a time limit, like if you don’t do certain things by the time you reach a certain age, then you are doomed. This goes against what I said earlier about God. But then again, it wouldn’t surprise me if both turned out to be right.

Reflection:

My views on work and life intersect in that each is about seeking out that which brings us joy. Without joy, a life cannot truly be full. I believe the pursuit of work under what I said will naturally be the rails which move forward my view on life. It is finding a purpose that brings us joy. However, I worry that my view on life almost removes the concept of agency while my view on work is based around agency. I also worry that in the eyes of God, my view on work is wrong and we don’t get to do what we want while we are hear on Earth. Sometimes I will call out to God and ask Him to bless my efforts to pursue work and life, but I worry I don’t get an answer. So, I don’t know what He thinks.

**GOOD TIME JOURNAL:**

Monday:

* Breakfast was a peanut butter sandwich and a banana. Watched a YouTube video that I had seen before while eating before starting on my homework for my Adv. Writing and Literature class.
* ADV. Writing & Literature Class: Was distracted by a lot of things that I had on my mind. But was engaged when talking about a specific reading that we had.
* Technical Teamwork Class: Went in depth on many subjects when we wrote Chapter 2 of our User Manual. Really caused me to think and reflect on a bunch of stuff I had on my mind.
* In between class I did Homework for my religious class that I usually have right after.
* Religious Class: Discussed the importance of 3 Nephi 11-14. I fell nodded off every now and then due to the fact that I have been extremely tired as of late.
* Wrote an Email to my mom. A lot needed to be said. (Regained Emotional energy)
* Completed homework specifically Homework for my Grammar Usage class that I have Tuesdays. It was tedious work but manageable.
* Made stir-fry and rice. One of my favorite things to cook and listened to music.
* Closed the day with watching a D&D Broadcast by myself and then watching Penguins of Madagascar with my roommates.

Tuesday:

* Started the day with a nice shower. I shower every day but this one was especially.
* Another Peanut Butter sandwich and a banana. It’s my daily breakfast but I love it!
* Left for my Literary Analysis class. Was almost late. Had to run. Stressful.
* Literary Analysis Class – Fun but I was tired and distracted throughout. I was able to review a bit, but it was more of a challenge to stay alert.
* Between class I reviewed different things to get myself as a treat for kicking a bad habit finally.
* I also did laundry, but the machines were crowded.
* Left for My Cyber Security wasn’t late, but the walk is hot and long.
* I couldn’t focus in my Cyber Security class. We rarely do anything in class, and I was fantasizing about a D&D character I want to make one day. I love thinking of characters and chasing ideas like that.
* Completed HW afterward while also listening to a D&D broadcast.
* Played Overwatch 2 with my roommates and friends

**MIND MAPS:**

**Engagement:**

**FLOW**

**ENGAGEMENT:**

**6 YEAR PLAN:**

PLAN A:

YEAR ONE:

* Write Story Submit it to contest (Hopefully win)
* Continue College
* Figure Out Major
* Hopefully have GF
* Gather Friendly people I could work with.

YEAR TWO:

* If I won contest, submit applications to game companies.
  + If not, submit new entry.
* Graduate with English Major and English Minor (?)
  + I may have to continue my education.
* I may be married at this point but I’m not in too much of a hurry.

YEAR THREE:

* If I still haven’t won the contest and I’ve completed my education.
* Apply for Law School. Possibly send applications for editing/review jobs.
* Figure out how to teach Seminary.

YEAR FOUR:

* I better have a GF or be married at this point. I know I can’t rush things but hey.

YEAR FIVE:

* Hopefully I’m continuing law school at this point.
* Hopefully I’m teaching Seminary at this point

YEAR SIX:

* Figure out what to choose among my several job options I have developed at this point. I should be able to choose from game developer, lawyer, editor/reviewer and seminary teacher.

**PLAN B: (IF I DECIDED ON A DIFFERENT MAJOR.)**

YEARONE:

* Change Major. (Possibly Zoology) Talk with counselor on how to make the most of my education.
* Continue to try and make a small living with writing and sign up for more contests. But, I would probably have even less time to write.

YEAR TWO:

* Continue education. Sacrifices of time may be needed.
* I totally understand if I can’t get a girlfriend due to focusing on education and busy class schedule.
* I would need a part-time job which I hope that I already have and am hopefully maintaining at this point.

YEAR THREE:

* Graduate. Probably at the end of last year or the beginning of this year.
* Begin job applications as I am graduating, find places probably in Arizona.

YEAR FOUR:

* Continue Writing short stories and carry on the plan labelled before of Writing in competitions and applying for game companies after I have built a writing resumé,
* Hopefully be married or have a steady girlfriend at this point.

YEAR FIVE:

* Find work in a lab, maybe move to find better work in fields I’m passionate in.

YEAR SIX:

* I would also have been going to school to increase my education and I would at least like my graduates, masters, or doctorate before too long in this year. Whichever can come first or whichever is best?

**UNLIMITED PLAN:**

YEAR ONE:

* Solidify/Find Dream Game Idea
* Create Full Scale Concept
* Buy equipment/hire team
* Start pitching development

YEAR TWO:

* Develop maybe finish developing First game.
* Start Twitch Channel (This may be a first-year thing)
  + Make Model
  + Goof off
* Start pitching/writing second game.

YEAR THREE:

* Make my own music, maybe sing on stream
* Trailer for second game
* Hopefully have already graduated
* Finish first game if I haven’t yet. (Hopefully by the beginning of the year.)

YEAR FOUR:

* Hopefully be married or at least have a steady girlfriend at this point.

YEAR FIVE:

* Have at least 2-3 games made.

YEAR SIX:

* This is not something I can plan for. But I would love to have won game of the year. I feel like I can do it. Or at least that my ideas can do it.