Samuel Benson

Dashboard

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.