Silas Carlson User Manual

Chapter 1

# My Style

I am motivated by professionalism in myself and others. I have a strong desire to be as professional as possible and to keep work and home life separated. I get more work done when I am at an office/classroom then I do at home.

I’m determined to be as professional and as hard-working as I possibly can. I strive to work to my best abilities and put my best foot forward.

# What I value

Effort – Work hard regardless of the outcomes, but always try to make it work out.

Adaptability – Willingness and ability to learn new skills and topics.

Organization – Everything is in its place, meetings are orderly, workplace is clean, and everything has a purpose and reason for being there.

Optimism – When applicable viewing projects and assignments more positively than negatively. Instead of thinking “I have to” you think “I get to” which causes a more positive environment.

Relaxed – Being able to work in efficiently in stressful situations and being calm when things might be going downhill.

# What I don't have patience for

Exclusion – Nobody wants to be left out, and what are we to decide if someone is allowed to participate in a conversation that they have the qualifications and ability to participate in.

Arrogance – Thinking you are better than everyone else and assuming that your solution is the best and only solution. Putting other’s down because they simply are just not as good as you, according to your mindset.

Drama – Talking ill about someone behind their back or making up rumors to seek one’s “perfect” revenge.

Dishonesty – Stating false accounts to make oneself look better or to place the blame on another person to not be deemed at fault and face repercussions.

# How best to communicate with me

* Face to face and up front. If you have a problem or something is bothering you, please tell me, I may sometimes decipher there is nothing wrong, but I will not be able to deduce anything beyond that unless you talk to me.
* Honesty. Be honest when talking to me and I will be honest with you. If I’m doing well or bad, please be upfront and honest about it.
* Friendly. Be friendly and kind when talking to me, I’m only human too and I try to be friendly to all people I interact with, even those I have problems with.

# How to help me

* Point out the solution in a factual way and tell me exactly what needs to be fixed for the problem to be solved.
* When teaching me something new speak plainly in simple terms first then move onto more complex topics once a foundation has been created.
* Provide constructive and helpful feedback and frequent praises when helping me with a task or anything else similar.
* If I am being insensitive, please tell me up front and I will try to correct my mistakes. I try not to be insensitive to situations.

# What people misunderstand about me

* I don’t really like to talk to people when I don’t know them. For an example, I don’t talk to people because I don’t like them. No, I don’t talk to people because I don’t know them and I’m not yet comfortable with talking to them. I’m overall, an outgoing person once I get to know you.
* I sometimes use analogies and examples when describing or teaching something. I am not saying that they are an exact carbon-copy of each other, I am saying they are similar enough to warrant a comfortable comparison.

Chapter 2

# Where are you? Health, Work, Play, and Love Dashboard

*Health* – full – I think I’m mentally and physically healthy. I sometimes go to the weight room with my older brother and try to maintain a sane diet. I would also say I am spiritually healthy, and I attend church services every week. Therefore, I would say I’m doing well in this area because my health appears to be good to me.

*Work* – ½ full – Before I got here, I worked in the grocery industry where I worked as a cashier for a few months before moving to a deli position. I like to work hard and put my best foot forward. I currently do not have a job, but I am a full-time student at BYU-Idaho. I would say I’m doing well in this area because I work hard and put my best foot forward.

*Play* – ¾ full –I like to hang out with my friends and family. I oftentimes hang out with my cousins about every week or so. I would say I’m doing well in this field as I hang out with a different variety of people and do different and various tasks.

*Love* – ½ full – Love flows in my life towards my family and friends. I like to appreciate everyone in my life and therefore love to show my appreciation sometimes. I go to my parents for love first since they are my role models. I would say I’m doing decent in this area because I am very comfortable with people close with me.

*Analysis* – One of the areas I would like to tackle problems in would probably be work. I really do not like to do schoolwork or any other type of work, however I would like to improve my attitude towards work, which would probably make it a lot more fun and easier for me. I like to try hard, but trying hard doesn’t mean I am enjoying it, so this would be the one area I would like to work on.

*Summary* – I do think not enjoying work would a gravity problem, because if I have a negative mindset and I keep getting a negative mindset I will get more and more negative. I think I could solve this issue, by maybe me not preventing myself from being negative but by being able to get myself to be positive whenever I get negative.

# Work view

Work is an essential part of a working and efficient society. For an example, in the Law of Consecration, everyone puts in work to build up God’s kingdom. It is an essential part of the Law of Consecration that everyone works, contributes, and dedicates themselves to this purpose. Work is important for a society to function. Work is for helping people work together and to make sure everyone’s demands, and needs are met. Work is also for making sure society functions. Work is where someone takes time out of their day to do something that is deemed beneficial to society. An example might be working as a cashier, where it is beneficial to society with overseeing fair and safe transactions. It relates to the individual because it gives purpose and structure to one’s life and helps them be able to make and achieve goals. It relates to others in the same way that it relates to individual. It relates to society by giving it structure and function. Money has an important factor in work. Money is for many, a motivator that gets people to work to fulfill and sustain their needs.

# Life view

We are here to prove ourselves to return and live in the presence of our Heavenly Father. Furthermore, the purpose of life is to return to our Father in heaven. The relation of individuals and others are the relationships that they create between one another. These relationships can either be loving, hateful, or neutral. Family fits in the eternal plan of salvation and they are essential to Heavenly Father’s plan. There are lots of good things and evil things in this world. The good are things that bring the spirit in, and vice versa for things that are evil. But if we choose to do the good things, we will have a more positive outlook on life.

# Work and life view reflection

Work and life complement each other through work being required to return to our Father in heaven. They also complement each other that in life there is lots of work, and you cannot separate the two because anything you would want to do requires work in one form or another.

They clash sometimes when there are points in your life where you shouldn’t work, such as when you retire or on Sundays.

I think that life drives work because in life, there are multiple opportunities to do work. When living there are lots of things you might want to do, but it will take work to accomplish these goals and tasks.

# Good Time Journal

*Activity 1* - Doing homework for this class (specifically the reflections) – medium engagement and neutral energy with the flow. I find these to be relaxing as it is simply just me recalling what I did for the week and I enjoy them, they don’t drain me, but they also do cause me to gain energy. I think of it as a neutral exchange.

*Activity 2* – Doing homework for Programming Building Blocks – high engagement and positive energy with the flow – I enjoy doing the homework for this class and am usually very engaged and I have a positive energy afterwards because I feel like I have accomplished something and am proud of myself.

*Activity 3* – Doing homework for my religion class – medium engagement and positive energy – I feel the spirit whenever I do my religion homework (it usually consists of reading a couple talks) and am usually pretty engaged in it. I feel like my energy is boosted because of this activity.

*Activity 4* – Going to the weight room with my brother – high engagement and negative energy – After going to the gym, I am drained and my energy is basically 0, physically (mentally I think I’m fine).

*Activity 5* – Playing video games – high engagement and positive energy with the flow – I have fun while playing, maybe I have better uses for my time but it’s fun, nonetheless.

*Activity 6* – Chemistry homework – medium engagement and positive/neutral energy with the flow – Depends on the assignment but usually I have fun doing the assignments but sometimes I don’t like the program when it keeps counting me wrong for stupid reasons.

*Activity 7* – Cleaning – low engagement and neutral energy – I don’t like to clean but I also like it when my area is clean. I cleaned my desk this week, and it felt great to have a clean environment so I’m positive after that, I guess.

*Activity 8* – Doing dishes – low engagement and negative – I hate doing dishes I’d rather watch paint dry on a wall.

*Activity 9* – Sleeping – high engagement, positive energy, and with the flow – I love sleeping, I can’t seem to get enough of it. One thing I’ve learned over the years is that the night is never long enough, and I will always be tired when I wake up, somehow.

*Activity 10* – Computer systems lab – medium engagement and positive energy – I thought the lab was fun, but I felt like I really wasn’t doing it for myself but was just following the lab instructions and recording the observations, but I still had a positive experience, and I was somewhat engaged. No flow though.

# Mind Maps

1. *Engagement* - Doing homework for my Programming Building Blocks class (CSE 110)
   1. Python
      1. Learning how to program in it
      2. Programming
         1. Opening files
         2. Input/output
         3. If/else statements
   2. Problem solving
      1. Working with others
         1. Figuring out problems together
      2. Find solutions to problems
   3. Computers
      1. Systems
      2. Used in daily life
   4. Real-world applications
      1. Applicable
         1. Could use a lot of the stuff in this class in my daily life
      2. Ability to adapt
2. *Energy* - Sleeping
   1. Being in bed
      1. Comfortable
      2. People leave you alone
      3. Having the warmest of blankets
   2. Dreaming
      1. Weird stuff
      2. I don’t remember them most the time
         1. Short term memory loss
      3. Question my sanity
   3. Feeling refreshed
      1. Not tired
         1. Being able to function without feeling sleepy
      2. Alertness
      3. Look better
3. *Flow* - Doing homework for my Chemistry 101 class (CHEM 101)
   1. Identifying properties of atoms
      1. Finding the number of protons and neutrons
      2. Figuring out valence electrons
   2. Identifying properties of compounds
      1. Naming ionic and molecular compounds
      2. Naming acids
   3. Memorizing names of elements
      1. Boring
   4. Learning how to read the periodic table
      1. Useful
      2. Easy to read and apply information

*Applicability* – An example job description might be able to apply things that you learn in a professional working environment. Ability to adjust to new solutions and outcomes and be able to produce the highest-quality results. A role for this job might be a pollster, politician, or psychologist.

*Programming* – An example job description might be able to program in a specified language and be able to solve problems and work with a team. Ability to program solutions for a customer and able to help test and fix issues regarding said solution. A role for this job might be a programmer, computer scientist, or software engineer.

*Naming ionic and molecular compounds* – An example job description might be ability to identify specific ionic and molecular compounds and be able to apply them in real-world problems and come up with identifying solutions. An example role for this job might be a chemist or chemistry teacher.

# Odyssey Plans

Odyssey Plan 1: Simple life

1. Serve a full-time mission
2. Start running consistently (longer distance)
   1. Train for cross country
   2. Maybe do some core workouts or something
3. Declare a minor (maybe double major?) in some sort of math field
4. Finish out college
   1. Continue to a masters?
   2. Meet some new friends
5. Get a job
   1. Make a decent amount of money
   2. Start a family?
6. Create a new product
   1. Test it
   2. Sell it
   3. Etc.

*Resources* – 50/100

*I like it* – 75/100

*Confidence* – 80/100

*Coherence* – 75/100

**3 Questions**

1. What kind of development job would best be a fit for me and my specialties?
2. Would it be beneficial to get a minor (or secondary degree) in a math related field for my projected job?
3. Will I be able to find a well-paying job that will sustain me and my family’s needs?

Odyssey Plan 2: Start a business?

*That Thing that you’d do if thing one were suddenly gone?* If I couldn’t go server a full-time mission for any reason.

1. Start running consistently (longer distance)
   1. Train for cross country and maybe some other sports
   2. Maybe do some core workouts or something
2. Declare a minor (or double major) in a math-related degree.
   1. Work super hard
3. Get my degree
4. Continue to get my master’s degree
5. Get a job
   1. Maybe start a family or something, I don’t know
   2. Make a good starting amount of money
6. Maybe start a new business
   1. Crowdfunding (investing?)
   2. Advertising

*Resources* – 40/100

*I like it* – 50/100

*Confidence* – 50/100

*Coherence* – 45/100

**3 Questions**

1. Will I be able to create a successful business?
2. Will I totally injure myself and destroy my body by training for sports?
3. Is getting my master’s degree beneficial if I’m starting my own business?

Odyssey Plan 3: The cheese wheel machine

*The thing you you’d do or the Life you live If money or image were no object?* I would start a cheese wheel making business and make the world’s finest cheese.

1. Serve a full-time mission
2. Finish college
   1. Start a family, maybe?
   2. Make some friends
   3. Gain new life experiences
3. Come up with the best cheese the world has ever seen
4. Buy a dairy farm
5. Start a cheese wheel making business
   1. Begin aging the oldest cheese now!
   2. Profit
6. Slowly monopolize all cheese making businesses
7. Become the only cheese maker in the world
   1. Profit tremendously
   2. Bragging rights

*Resources* – 100/100

*I like it* – 100/100

*Confidence* – 65/100

*Coherence* – 80/100 (if money is not a factor)

**3 Questions**

1. In the United States it is illegal to monopolize an industry, how would I go about taking over the cheese-making industry?
2. How hard would it be to come up with the greatest tasting cheese this world has ever seen?
3. What main types of cheese would I specialize in?