Taden Marston

Dashboard

Where am I?

**Health**

For my personal health I feel like I am 60% of the way to where I want to be. There is still a lot of work that needs to be done but I’m getting there. I want to be in a better place with my diet, work out regiment, and mental status. I still find myself struggling with finding worth and confidence in myself due to what I perceive to be flaws or lacking in ability. That is something that I am making efforts to overcome, because I know I do have inherent worth and value that I can contribute to those I care about and my community.

**Work**

For work I feel like I’m around 70% of the way to where I want to be. Work has been kind of frustrating, I don’t get fulfillment from the job I have anymore, it’s overly stressful and causes a lot of frustration and pain for me. This job I have is definitely just a steppingstone for me to get to my next job but it has been teaching me a lot about what will be expected of me in jobs from my field and what I do and don’t like about work environments.

**Play**

As far as my play is concerned, I feel like I’m at a solid 90%. I am actively making sure that I complete my responsibilities so that I have time to do things that I enjoy! For example on Sundays I started playing Dungeons and Dragons with my roommates. I’ve been taking the time to socialize with people I love and care about, and I’ve been able to find new ways to connect with old friends across the country. I also have been using my new lightsabers to continue to nerd out, and stay in shape which has been awesome!

**Love**

As far as love is concerned, I’m about 75% were I would like it to be. The love in my life has recently been flowing in from my parents through weekly check ins to make sure that I’m doing alright. My roommates have been helping me out by checking in and going and doing things with me which has been helpful as well. But I’ve been mainly going to my girlfriend for love recently because I’m trying to decide if this is who I want to be my main source of love for the foreseeable future.

**Work View**

Why Work: I work because I want to be able to gain skills to money to help provide for myself and the family that I am wanting to have.

What’s work for: It is a means to help support myself as well as contribute skills, talents, time, and effort to the bettering of the community.

What does work mean? Work means dedicating your time to projects that impact the world around you.

How does it relate to individual, others, and society? Individually work allows you to refine and demonstrate or acquire skills, others it helps us learn how to accomplish goals as a group to help better our communities.

What does money have to do with it? In a society that is based in money, having enough to take care of yourself, your family, and those you love is important. Money also allows us to buy experiences that we otherwise would be without.

What do experience, growth and fulfillment have to do with it? Experience is important, because if you do not have the adequate skills to accomplish a job then it will never get accomplished. Growth and fulfillment are also very important to work, because if you are not passionate about what you are doing or do not feel any form of fulfillment from the job you are doing, then productivity, motivation, and success will decline rapidly. I have had jobs in the past where this has happened to me, and my coworkers and it really drags a company down.

**Life View**

Why are we here? We are here to gain a physical body, learn how to choose right from wrong, and gain experiences to help us grow.

What is the meaning or purpose of life? We are here to experience life, make families, and learn about Jesus Christ so we can live with our families in the Presence of God for eternity.

What is the relations between individual and others? Everyone is a Child of a loving Heavenly Father and Mother, and we should all be treated as such. There is something to be learned from everyone in our life and we should take every opportunity we have to learn what we can from those around us.

Where do family country, and rest of the world fit in? Family is important because they are the ones who help shape us into the people we are, country and the world are also very important because the things that we strive to do in life should be centered in helping those around us be better one person at a time.

What is good, and what is evil? Good are things that actually make you happy and bring you peace no matter what is happening around you, or in the world. The Gospel of Jesus Christ is one of those things that is Good and the things it teaches.

Is there a higher power, God, or something transcendent, and if so, what impact does this have on your life? Yes there is a God, and I say it impacts every part of my life, from how I live how I interact with those around me, even the way I breath.

What is the role of joy sorrow, justice injustice, love peace, and strife in this life? I’d say the role is to learn. Everything in this life is intended to teach us ways help us better ourselves, families, and communities. Although there are bad things that just happen that no one should have to go through, it all can be for our betterment through Jesus Christ.

**Compare and Contrast**

Where do your view on work and life complement one another? I’d say a lot of the ways I view work has been influenced largely from my life and religious views.

Where do they clash? I don’t really feel like they clash in too many ways, Family is extremely important to me and working is one of the ways I can show my love and dedication to my family is through working and providing for them, and getting the money necessary to create experiences with them.

Does one drive the other? How? My life view very heavily drives my work view, As I kind of stated previously Work is a means for me to accomplish my goals and ambitions for life. It also can give more meaning and fulfillment to my life if I am working in a good place.

**Good Times Journal**

Complete a log of your daily activities this week.

At the end of the week jot down your reflections

Are there surprises?

Analysis your data, figure out what does or does not engage and energize you.

Aeiou method

Historical data review the past month to year on activities that you have done?

I drove down to Utah

* Low-medium engagement
* Medium energy

I spent time with my family

* Medium-High Engagement
* Medium Energy

I went to the BYU football game

* High Engagement
* Medium energy

I went to church

* Low-Medium Engagement
* High Energy

I played D&D with my roommates

* High Engagement
* Mid-High Energy

I played a game called Bone Lab on my VR headset

* High Engagement
* Mid-High Energy

I did homework

* High Engagement
* Low-Mid energy

I celebrated an important day with my girlfriend

* Medium Engagement
* High energy

I grinded Clash of Clans to join my roommates Clan.

* Low Engagement
* Medium energy

I slept

* Low Engagement
* Medium energy

Engagement: BYU game

* Passion
  + Intensity
  + Electric
  + Focus
* Excitement
  + Surprises
  + Achievement
  + Success
* Disappointment
  + Upsetting
  + Frustration
  + Defeat
* Bonding
  + Memories
  + Quality time
  + Love
* Loud
  + Energy
  + Singing
  + Yelling
* Comradery
  + Belonging
  + Community
  + Respect

Job: Develop a product that makes myself and others excited, and creates meaningful memories.

Energy: Girlfriend and roommates

* Communication
  + Clear
  + Honest
  + Sincere
* Celebration
  + Joyful
  + Reflective
  + Optimistic
* Comedy
  + Laughing
  + Smiling
  + Bonding
* Love
  + Genuine
  + Open
  + Caring
* Time
  + Invested
  + Quality
  + Memories
* Real
  + Trust
  + Judgement free
  + Belonging

Job: Psychologist/Counselor

Work with people and their genuine emotions to help them process their surroundings

Flow: Dungeons and Dragons

* Imagination
  + Freeing
  + Control
  + Unlimited
* Community
  + Support
  + Belonging
  + Sharing
* Problem Solving
  + Potential
  + Interesting
  + Frustrating
* Storytelling
  + Adventure
  + Immersive
  + Heart felt
* Creativity
  + Ownership
  + Building
  + Unique
* Funny
  + Joy
  + Shocked
  + Excitement

Job: Develop a game that is immersive and promotes creativity that helps people experience different and unique parts of life.

Odyssey Plans

Plan 1: From Noob to Nerd Computer Edition

Year 1: Finish getting my feet wet in the world of Software Engineering so I can decide what direction I want to take for schooling, Go on dates to find my eternal companion, Finish I plan so I know what classes to take.

Year 2: Start working on my general certificate get that completed as soon as possible so I can start trying to get work experience in the real world. Continue to find my companion.

Year 3: Start trying to get an internship going If I haven’t already, Finish up another certificate, Hopefully have found and started planning a life with an eternal companion.

Year 4: Have a job lined up for graduation, be married, finish up a third certificate that I enjoy. Find a place to buy a home.

year 5: Have a house, travel the world a little with my wife, and prepare to start a family.

Questions:

1. Where are you going to work?
2. What certificates are you going to get?
3. Where are you going to start your life with your family.

Resources: 87%

I like it!: 90% So far

Confidence: 85%

Coherence: 83%

Plan 2: Someone Call the Brain Repair Man

Year 1: Figure out the basic classes I need to take to pursue this as a career, if not married look for eternal companion.

Year 2: Start taking the classes I need to follow this career path, possibly shadow people I know in the field or network so I can find someone to possibly shadow, or at least learn more about what I need to do to be successful in this field.

Year 3: Continue to go to school get the requirements I need, prepare for marriage if not already.

Year 4: Internship where I can, find a practice I could join, investigate possibly starting my own.

Year 5: Provide for my family, learn the tricks and business of the trade and make a difference in my community.

Questions:

1. When would you start this?
2. How are you going to find people to shadow, most of the job is on a private one on one basis?
3. Think about your uncle, are you willing to take that risk to own your own business?

Resources: 90%

I like it!: 85% So far

Confidence: 95%

Coherence: 85%

Plan 3: Welcome to my mind, Roll Initiative

Year 1: Take voice lessons for a variety of different styles of singing and acting

Year 2: Practice preforming for auditions and for shows

Year 3: Start uploading content of myself on YouTube with voice actor friends

Year 4: Start playing Dungeons and Dragons with them as a side gig

Year 5: Have fun playing with friends and writing stories for years, and provide fun for my following and community and use the money we make to help make a difference in the world.

Questions:

1. What is stopping you from doing this?
2. Aren’t you worried about getting burnt out of your hobby doing it as a career?
3. Do you think you would actually be able to take off?

Resources: 90%

I like it!: 100% So far

Confidence: 70%

Coherence: 85%