

# Health, Work, Play, and Love Dashboard

## **Health:**

**Define** – I'm doing pretty well in this area. I usually run 2 miles a day and so some body weight exercises after. I don't eat the best, however. I rarely eat breakfast; for lunch I'll usually have a protein shake and some cottage cheese, and for dinner I'll eat whatever my wife is kind enough to make me. My mental and spiritual health are both in a good place as well. Daily exercise has done wonders in helping me manage the stress and anxiety that comes from going to school and working full-time.

**Measure** – 3/4

**Analysis** – I don't have any serious issues in this area.

**Summary** – I don't have any serious issues in this area.

## **Work:**

**Define** – I work as a courier for a medical lab called "Express Lab" that's located in Idaho Falls. My responsibilities consist of picking up medical samples from various medical facilities located between Ashton and Idaho Falls, and delivering said samples to the main lab in Idaho Falls for testing. I am grateful for my job; it pays me enough to provide for my family's needs, and some of their wants.

**Measure** – 4/4

**Analysis** – I don't have any serious issues in this area.

**Summary** – I don't have any serious issues in this area.

## **Play:**

**Define** – This is an area in which I can improve. The three recreative activities that I spend the most time doing are...

1. Spending time with my wife and daughter
2. Reading fantasy books
3. Playing video games

I absolutely love being with my wife and daughter. I usually have about 3 hours to be with them after I get home from work before my daughter goes to bed. I listen to audiobooks while I'm at work, as most of my time is spent driving from clinic to clinic. I'm slightly obsessed with the work of Brandon Sanderson at the moment. I play video games in the evenings. They provide me with a way to connect with friends who don't live near me, and allow me to take my mind off of things that cause worry and stress.

**Measure** – 3/4

**Analysis** – I'd like to find some recreative activities that allow me to be more creative.

**Summary** – This isn't a gravity problem. It's a problem that stems from my current priorities and lack of free time. I like to believe that once I'm graduated with a legitimate job, I'll have more time and resources to pursue more wholesome and constructive forms of recreation.

### **Love:**

**Define** – I'd say that my primary relationships are those with my wife and my daughter. I also love my parents, siblings, and in-laws. I have no shortage of people that love and support me, and for this I consider myself extremely blessed.

**Measure** – 4/4

**Analysis** – I don't have any serious issues in this area.

**Summary** – I don't have any serious issues in this area.

## **Workview and Lifeview Compass**

**Workview Reflection** – I believe that work is a necessary part of life. It allows people to push themselves and grow, while providing for themselves and their families. It is an interesting phenomenon; I don't enjoy most of the time I spend working, however, I feel much better when I am working or engaged in a productive activity than when I am not. There have been brief stints between employment where I've felt extremely sad. Working brings me a sense of accomplishment and purpose that I've yet to find anywhere else. I look forward to the day when I'm able get a job that I actually enjoy.

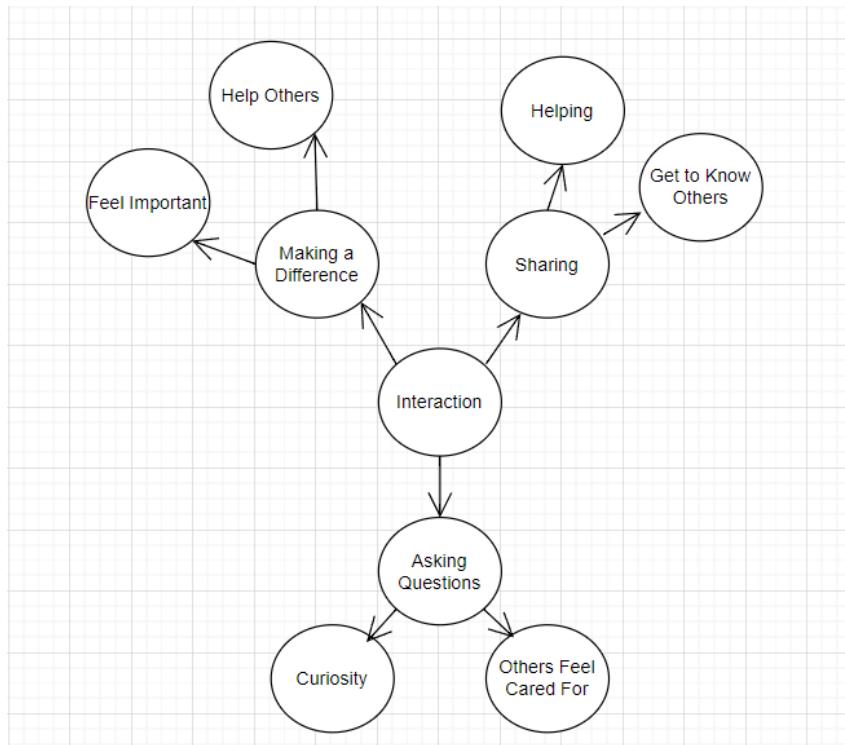
**Lifeview Reflection** – My views on life are heavily influenced by my religious beliefs. I think that the whole purpose of this life is to be a better person today than you were yesterday, and to be kind to others. There are saving ordinances that we all must participate in, but I feel that we will naturally want to take part in those as we strive to better ourselves and grow closer to the Savior. I believe that life is meant to be enjoyed. Though our primary purpose is to learn and grow, it is hoped and expected that we have a good time doing so. I also believe that as a part of the human race, we have an obligation to help others, and contribute to our local communities and governments.

## Good Time Journal Entries

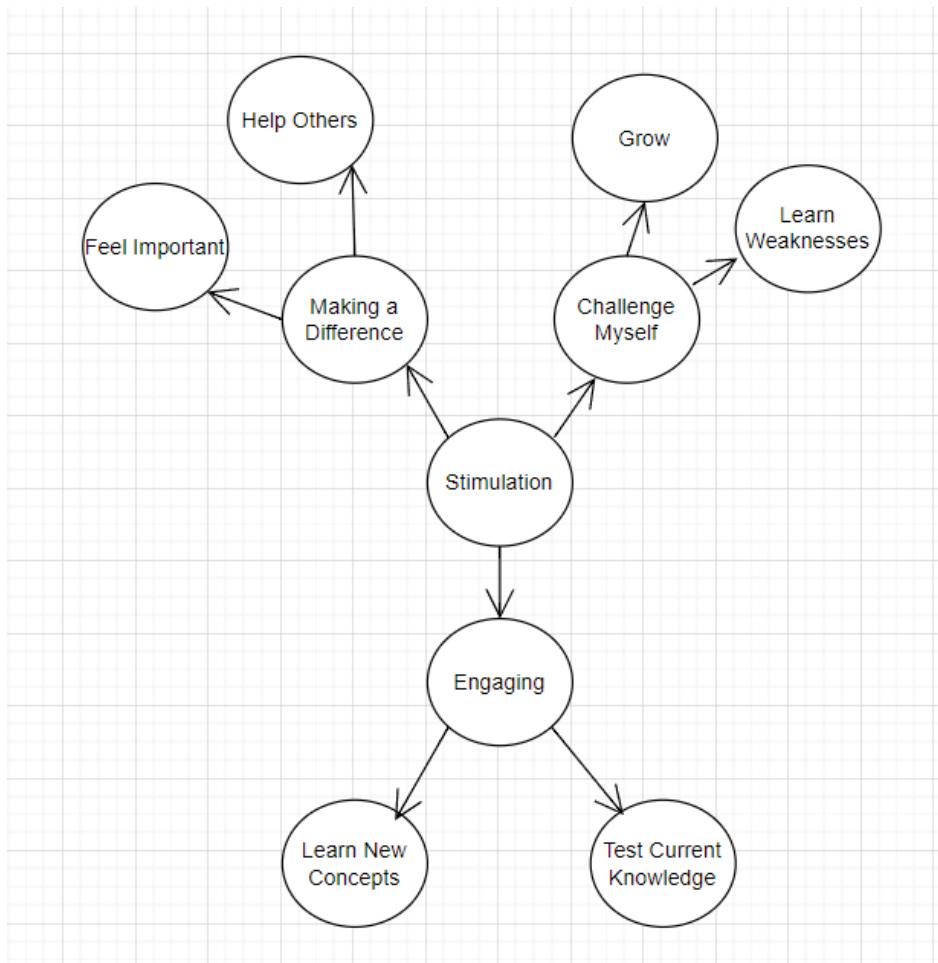
Activity	Engagement (1-10)	Energy (1-10)
Driving during work	4	6
Playing with my daughter	9	9
Talking with clients at work	7	8
Going to class	7	6
Doing homework	6	4
Spending time with wife	9	7
Scrolling through Reddit	4	5
Gaming	9	7
Reading Scriptures	8	5
Running	9	9

## Mind Maps

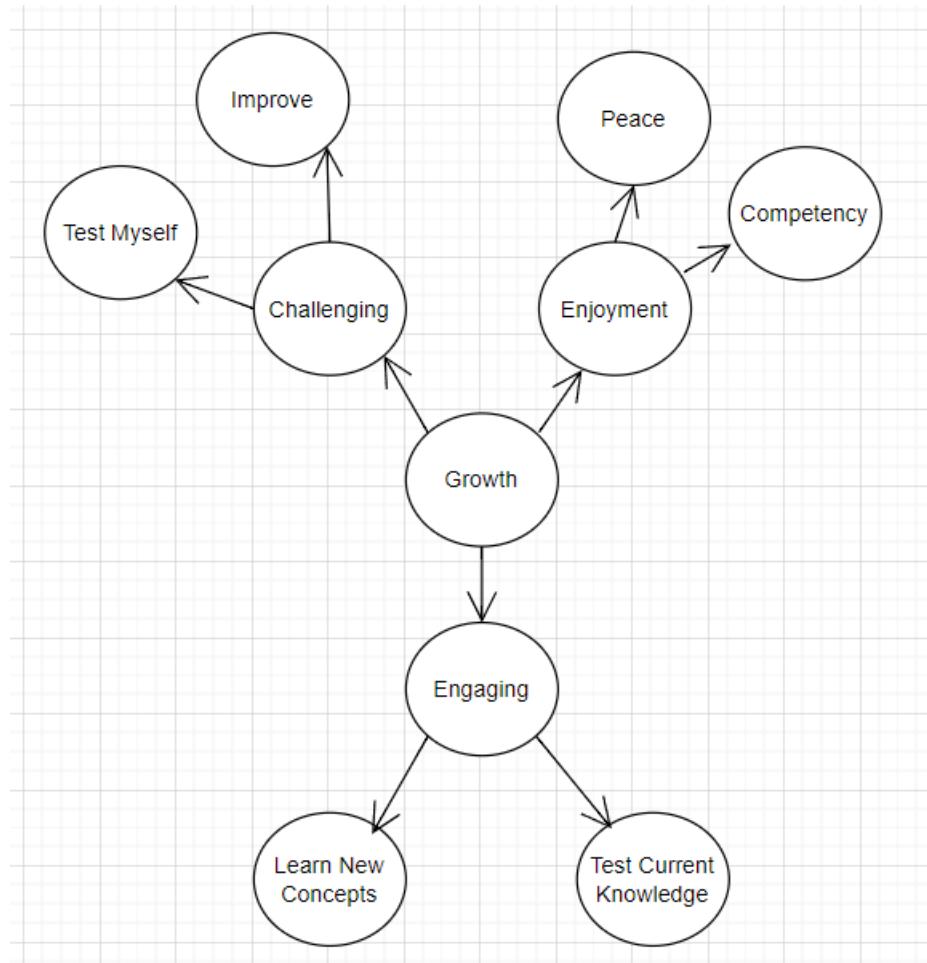
### Energy



## Engagement



## Flow



# Odyssey Plans

## **Plan 1: Software Engineer**

**2022-** Continue schooling and work. Form connections.

**2023-** First internship. Graduate. First real job. Have second child.

**2024-** Work full time. Find a house.

**2025-** Work full time. Buy a dirt bike.

**2026-** Work full time. Look for management position.

**Resources – 75**

**I Like It – 100**

**Confidence – 100**

**Coherence - 80**

## **Plan 2: Electrician**

**2022-** Enroll in electrician trade school. Take out necessary loans.

**2023-** Continue trade school. Have second child.

**2024-** Finish trade school. Work as an apprentice.

**2025-** Work and save money.

**2026-** Look into eventually starting my own business. Make connections. Continue working.

**Resources – 50**

**I Like It – 60**

**Confidence – 75**

**Coherence - 50**

### **Plan 3: World Traveler**

**2022-** Quit job. Continue schooling.

**2023-** Graduate. Visit central and south America.

**2024-** Tour Europe with my family.

**2025-** Spend a year at home relaxing and providing community service. Have second child.

**2026-** Stay at home. Continue raising children. Maybe go to Disney world a couple times.

**Resources – 100**

**I Like It – 100**

**Confidence – 80**

**Coherence - 100**