User Manual for Jackson Clarke

1. My Style

   My style is focused on getting my job done efficiently and finding creative solutions to problems that arise. I receive energy and excitement from solving problems. I enter a “flow” state when I have time to work on my job by myself with little interference from others.

2. What I value

   I value trust, independence, curiosity, creativity, family, and alone time.

3. What I don't have patience for

   I don’t have patience for involving excessive emotions while making decisions, micromanaging, disloyalty, and the “my way or the highway” mentality.

4. How best to communicate with me

   The best way to communicate with me is to give me a single recommendation and allow me to express my opinion on the given recommendation in a discussion format.

5. How to help me

   If I am focusing too much on a single aspect or project, remind me to take a break and let my mind work the problem out itself.

6. What people misunderstand about me

If it seems that I am uninterested or distracted during a conversation, it is because I am lost in my own thought and it is not intentional or meant to be

offensive. I enjoy time alone with my thoughts so if I seem annoyed that someone is talking to me, I was just lost in my thoughts and I feel that the conversation is distracting me from the problem I am solving at the time.

Health, Work, Play, and Love dashboard:

Health: I am currently fairly healthy physically. I go to the gym 4-6 times a week and generally eat healthily. Mentally and spiritually I feel I am doing alright.

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I would like to eat healthier and have a better daily routine.

I think a big part of the problem is with my circle of influence as we and my friends like to eat out and stay up late.

Work: I currently work as a maintenance guy for University View. I don't make the kind of money I would like to but that is expected from college jobs. I am doing good in regard to work.

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I would like to get a job that allows me to not live paycheck to paycheck during college.

When I am at home I work as an electrician which makes more than double what I do now. In order to fix my problem, I should try to find a job as an electrician while I am up here for school. This would be a gravity problem I think.

Play: I currently do not make enough time in my day to play as I am a firm believer in delayed gratification when it comes to playing. I normally will not play until I get all my work done which is a good and bad thing.

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I would like to allow more time for playing as it helps me reduce stress in my day-to-day life.

I believe this is a gravity problem. My plan to solve this problem is to take short breaks during the time I set aside for homework and such to take a few minutes to enjoy things and to help reduce stress.

Love: I recently broke up with my girlfriend as it was not working for me and I need more time to focus on myself at the moment.

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I would like to find someone who understands me and can help me in all aspects of my life. My problem is that I push people away as I get close to them because I am afraid of allowing people to hurt me.

This is a personal problem as I have had some bad experiences with relationships in the past and it affects me still today. I think that would be a gravity problem?

Workview reflection and Lifeview reflection:

Work: I believe it is extremely important to work as it gives us a purpose to be productive every day as well as gives us a goal. Work is for teaching us good habits and to be productive in our lives.

Lifeview: I believe it is important to do things you enjoy in life. Life is not about running on the hamster wheel your whole life. Life is too short to waste your time not working on your dreams and wasting your life away being unhappy.

Good Time Journal:

<u>Puts me in Flow:</u>

Work, Programming, homework, listening to music, deep thought, driving, video games, youtube, working on a project, brainstorming business ideas, planning business ideas, and drawing.

<u>Takes me out of flow:</u>

Becoming emotional, thinking about the past, large social activities, conversations with strangers.

Mind Charts:

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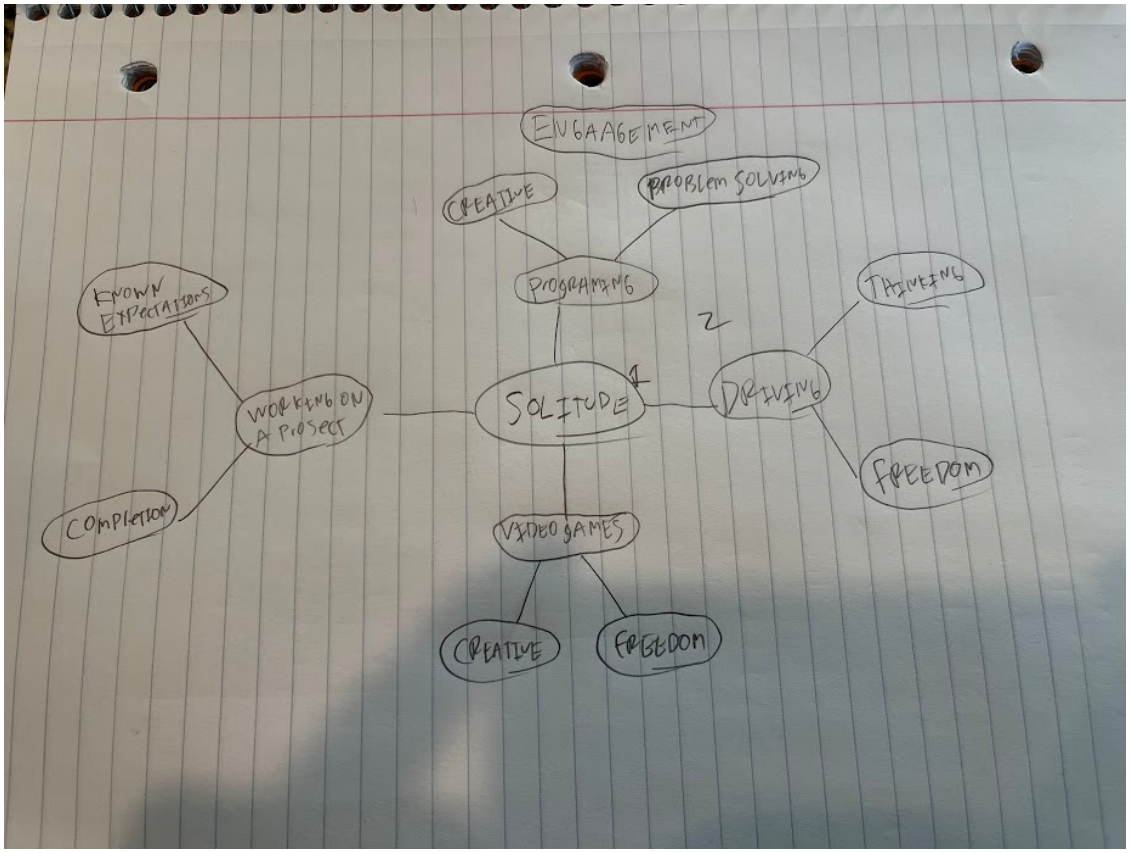
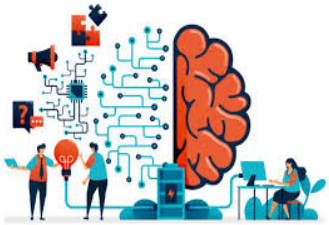


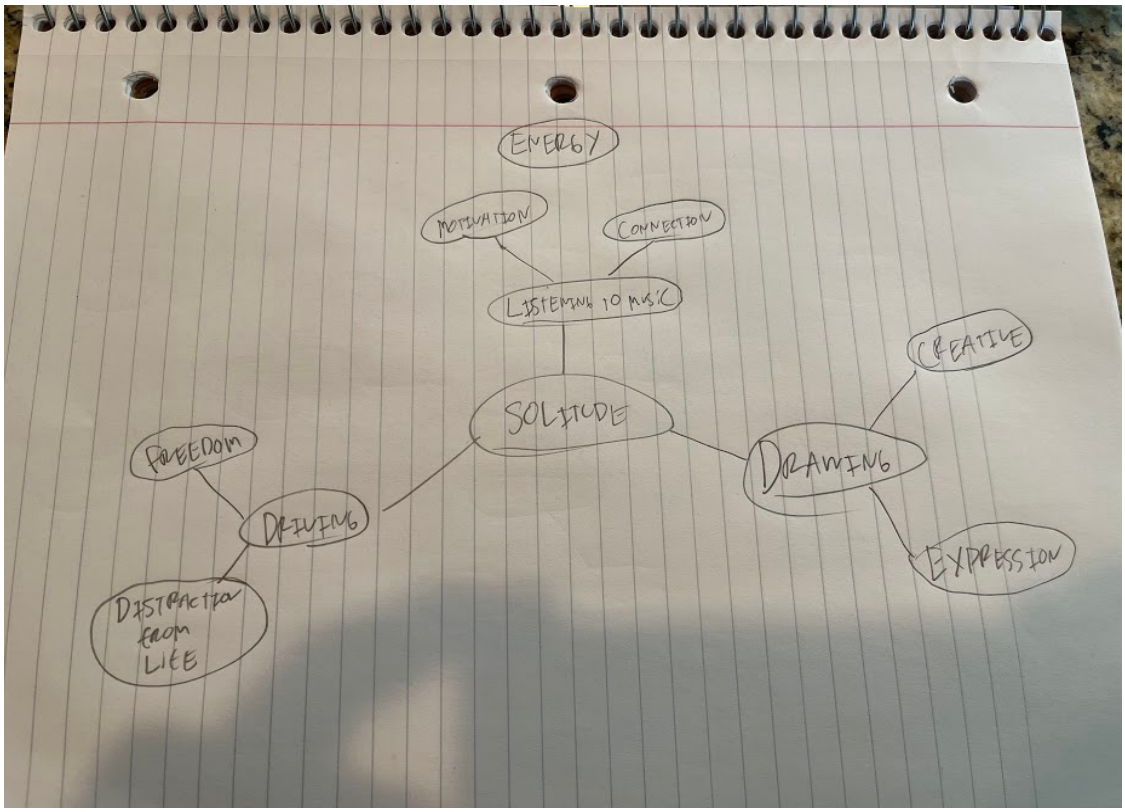
Engagement mind map

Creative: Job Description: This job allows and encourages creativity and flexibility in regard to problem-solving.

Freedom: Job Description: In this job, we give you the freedom to solve problems however you feel is best. No one watching over your shoulder and micromanaging



Problem Solving: Job Description: In this job, we have lots of problems to solve, created by us and you. You are expected to be able to find creative solutions to these problems.

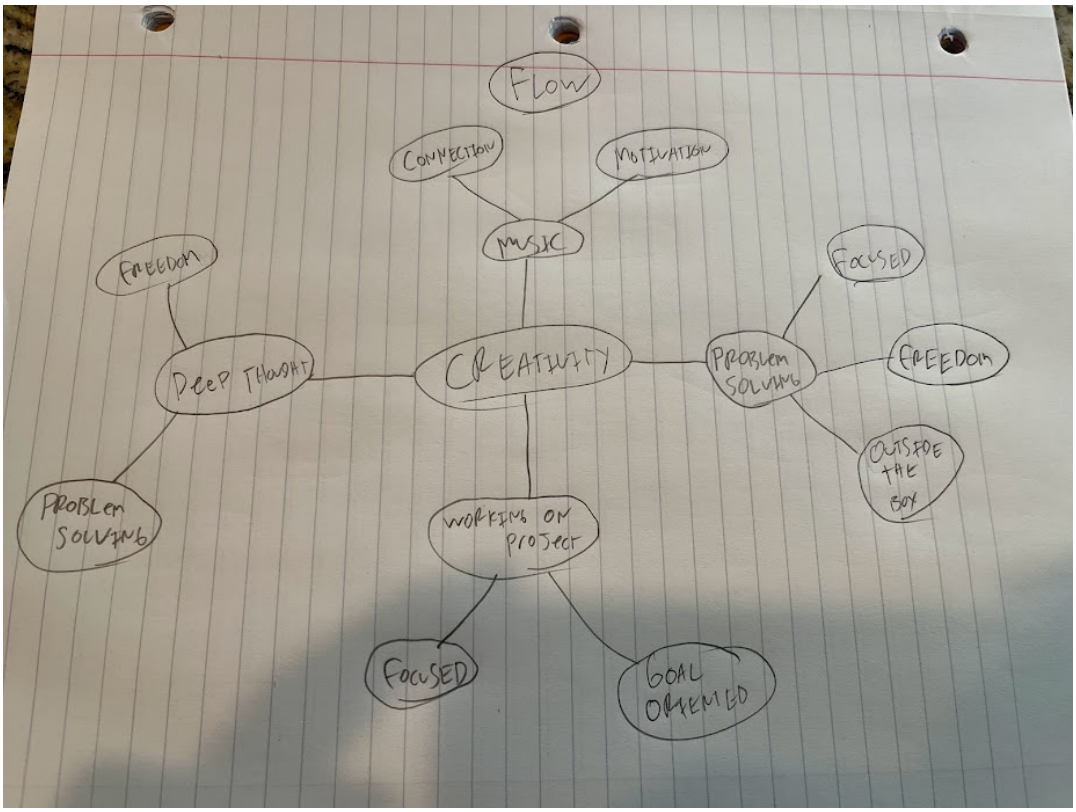


Energy Mind Map

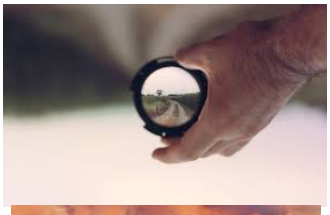
Connection: Job Description: This job allows you to feel connected to your work and ultimately be motivated by your goals and creativity.

Solitude: Job Description: This job allows you to work mostly in solitude while in the meat of your assignment. There will not be people micromanaging everything you do and most interactions will be to make sure the team is on the same page.

Expression: Job Description: This job allows you to express yourself in your work and allows some individualism in the way you go about solving problems.



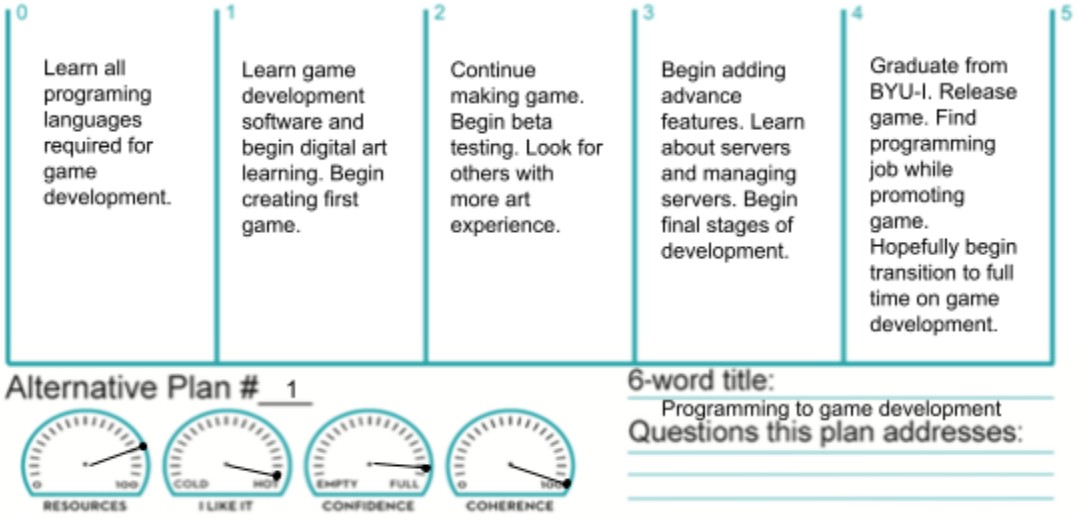
Flow Mind Map



Focused: Job Description: This job allows you the solitude enough to focus and enter a flow state.

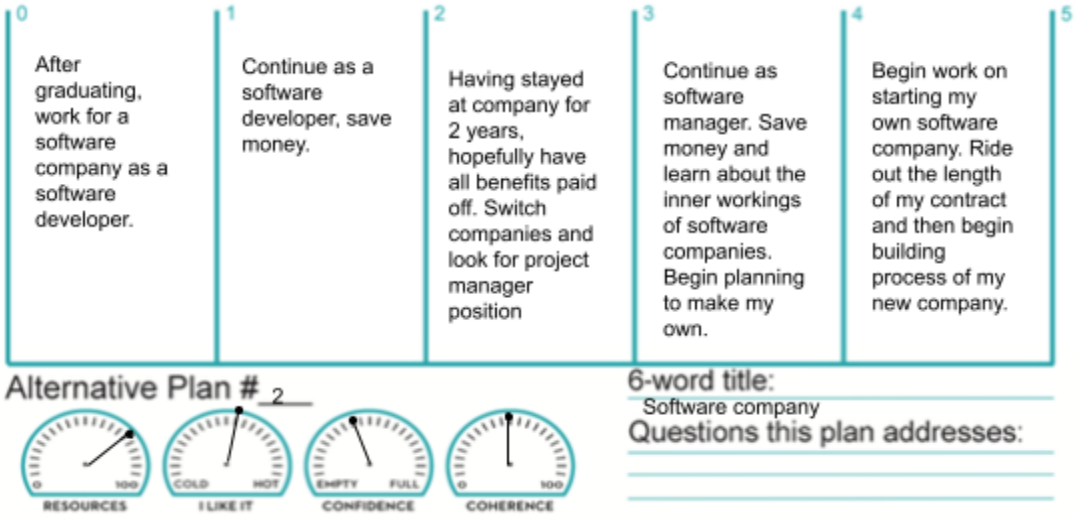
Freedom: Job Description: This job allows you the freedom required to enter a flow state with minimum interference from others.

Outside the box: Job Description: This job gives you the freedom to think outside the box and solve problems with creative solutions.



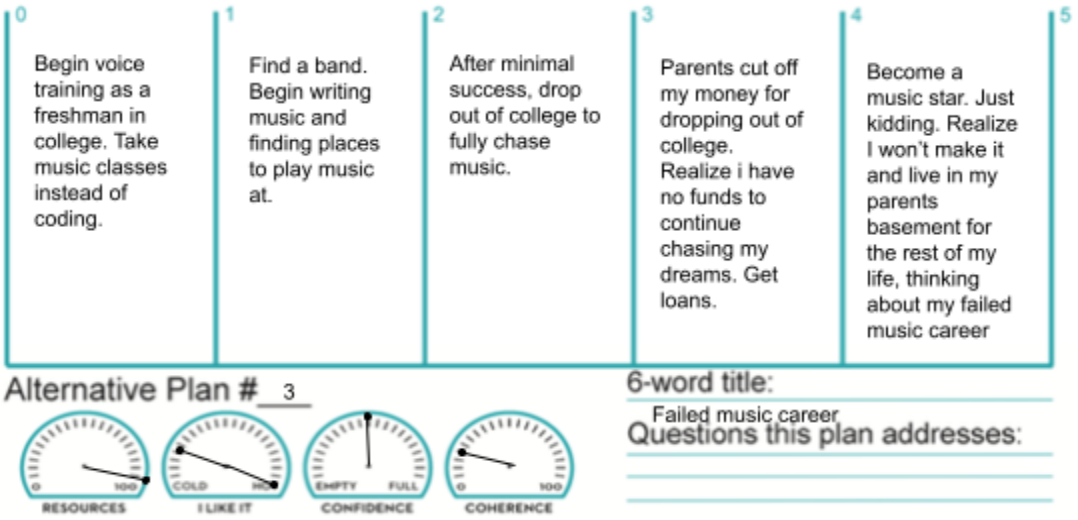
Questions this plan creates:

1. Will I be able to have enough time to do work, school, and work on a game?
2. If I create the game in time for graduation, would it be enough to support a family?



Questions from plan:

1. Would my contract for a company be 2 or 3 years?
2. In my time in the 2 companies, would I have enough experience and understanding to start my own company?



Questions this plan raises:

1. What if i actually could make money making music?
2. What if i had to live in my parents basement the rest of my life…