Technical Teamwork Notes

Week 06 – Motivation

What is holding you back?

Designers like problems, questions

Designers are doers

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

HEALTH – Health means being physically fit or having the ability to do everyday things without difficulty and also being free from sickness. Working-out is a huge thing for me when it comes to health. Sleeping early and waking up early is also a big thing for me.

WORK – work for me is the things I do to be able to provide for my family. I guess the work for me is work on myself and work on my knowledge and practical skills especially programming and logic skills. For though, If I enjoy my work, it feels more like I am just doing what I enjoy doing.

PLAY – Play for me is when I play video games. I am recently getting into local multiplayer games to play with my fiancé and I am enjoying playing with her. I also like to do sports such as basketball, or just running.

LOVE – for me Love is the willingness to do things for my loved one. Love for me is both a choice and feeling. I am willing to sacrifice things for my loved ones such as sacrificing my time and efforts. Although Its not really a choice for me whether I am going to sacrifice my time because for me it is a given/ a high priority.

Dashboard:

WORK 2  
PLAY 1  
LOVE 4  
HEALTH 2

Is there a design problem youd like to tackle in any of these areas.

I think that balance is a great thing so I think that I need to improve myself on work and health especially. I think that for me learning about programming is both WORK and PLAY. AS for HEALTH I am recently starting to workout again and I try to sleep early.

Work for me means to work on something paid or unpaid but it helps me progress in my career. This work will eventually help me get my dream job and my dream salary in the future to give my family a better life. I know that I myself can get both motivated and unmotivated. I like to work with no distractions as it helps me think over things and it helps me to be motivated to work all day. I think for me, building a habit is important for work as it helps keep my motivation up as I work on things such as work, homework, or programming skills.

First of all we are here on Earth to learn and grow both in physical and spiritual aspects of our lives. For me our purpose in life is to get as much education as possible and making a family that will accompany me in my life here on earth. Since childhood, I have been taught about the Plan of Salvation and it is important for me because it helps remind me that I am here for a reason and my main mission here on earth is to grow in faith with God. I think that earning money to provide for my needs, although important, is just a side quest to help aid in my growth here on earth.

My view on work and life complement each other in a way that the more I work on my knowledge, the more I get a better job, the more I get paid, and the more I am able to provide for my family’s needs and provide for more resources that I need to increase my knowledge. I don’t really see them clashing together for now and I hope that my work and life view will not clash in a way that I will have to sacrifice one to make up for the other.

… Keep a Good Time Journal

Add all of these into the reflection