Health:

Definition: It is when I feel at peace emotionally, capable mentally, and at harmony with my body

Measure: 6/10

Analysis: I feel the need to take better care of my body (treating my eating disorders), and working on better ways to deal with stress.

Summary: I need to figure out better ways to deal with stress (or tired, hungry, and angry), and not use things like social media and food for an immediate relief.

Work:

Definition: Providing for myself. It is whatever activity I engage in to make money and be financially independent.

Measure: 8/10

Analysis: I am not yet financially independent. But I am also in college, and I think I do pretty well. I currently have a job and work as many hours as I can, to be able to provide for myself and not have loans. I would still, however, like to have a job that is more related to what I want to do in life.

Summary: I can do better if I get a job that will help me gain the experience that I need for my career. I will look for jobs like that and next time they have an open position, I will make sure to apply.

Play:

Definition: Fun time

Measure: 8/10

Analysis: I think sometimes I have too much fun, at the cost of my work or love time. I also sometimes do stuff for fun that aren’t very wholesome activities (like social media use)

Summary: I would like to find more fun wholesome activities that are gonna meet my needs for social life and leisure time.

Love:

Definition: Well, when I think of love, I just think of a personal relationship with people that are more than friends.

Measure: Not sure

Analysis: I think I can do more to be more social and have a better love life

Summary: Be more social and participate in more activities. Be more open to different relationship with different people.

Work view:

Work (Right now school) gives me purpose in life and provides me with an abundant feeling of accomplishment, if I do it right, if I put the time and the effort to learn. I think work and school help me develop my potential by learning, creating new things, and helping others to do the same. It helps me be more satisfied with life. I am on my way right now to learn how to do what I like to do, and to spend my life doing it. (Or at least part of my life, hopefully).

Life view:

Life is about relationships with people God and people. It is about personal growth. And eventually, it is about being at peace with yourself and being happy. I believe that for me that will be accomplished by returning to live with God and the people I love.

Positive:

Activities: Volleball on Tuesdays, Wednesdays, and Saturdays

Environment: BYUI center

Interactions: Friends and classmates

Objects: Gym, volleyball, music

Users Contributed: Everyone involved and myself.

Activities: Talking to a friend

Environment: At home over the phone

Interactions: I’ve had a great time lately getting to know a new friend of mine. It was in person for some of it, and over the phone for most of it unfortunately, because they left for the summer.

Objects: Phone, ice cream

Users Contributed: My friend and I.

Activities: Going for walks

Environment: Very peaceful, therapeutic

Interactions: I was just by myself

Objects: Myself outside

Users Contributed: Myself

Negative:

Activities: Overeating

Environment: A couple times a week

Interactions: Sometimes cause be the lack of interaction with people

Objects: In the kitchen or eating out

Users Contributed: Food

Activities: Procrastinated homework

Environment: One of my classes

Interactions: By myself, no interaction, just me and my room

Objects: My room, my phone, and social media

Users Contributed: The feeling of the need to escape.

Mind Map:

Energy:

Diagram, schematic

Description automatically generated

Flow and engagement:

Diagram, schematic

Description automatically generated

Odyssey Plan 1: Life One: That Thing that you Do

My dream job

A picture containing calendar

Description automatically generated

Is time going to be enough to do all these things?

Do you have all the resources?

Is it going to be overwhelmed?

A picture containing circle

Description automatically generated

Odyssey Plan 2: Life Two: That Thing that you’d do if thing one were suddenly gone

A nice job:

A picture containing calendar

Description automatically generated

Is it achievable?

Do you have all the tools that you are going to need?

Is it well organized?

Shape, circle

Description automatically generated

Odyssey Plan 3: Life Three: The thing you’d do if money or image were no object. A picture containing calendar

Description automatically generated

Is it sustainable?

Do you have the resources to do it?

Are you capable to do all these things?

Circle

Description automatically generated