

# AI-00723 Being Content with I have

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## Simplify the following:

Be content statements lifetime

1. Be content that you were born into this world.
2. Be content that you were born from Hernando and Conchita Arcayan.
3. Be content that you were born in 1966.
4. Be content that you were born the 2nd child.
5. Be content that you were born the only boy.
6. Be content that you have a wife.
7. Be content that you have a girl child.
8. Be content that you have a boy child.
9. Be content that you have a Registered Nurse daughter.
10. Be content that you have a Medical Doctor son.
11. Be content that you have a paid off house in Round Rock, Texas USA.
12. Be content that you have a working 2006 Mercedes-Benz ML350 in Texas.
13. Be content that you have a working 2008 Chevrolet Colorado pickup truck in Texas.
14. Be content that you served in the US Army for 4 years.
15. Be content that you went to South Korea while serving in the US Army.

16. Be content that you worked at AMD from 1996-1998.
17. Be content that you worked at Samsung from 1998-2021.
18. Be content that you have a knowledge, experience and skills in reading schematics.
19. Be content that you have a knowledge, experience and skills in Sharepoint.
20. Be content that you have a knowledge, experience and skills in Knowledge Management.
21. Be content that you have a knowledge, experience and skills in Effective and efficient problem solving.
22. Be content that you have a knowledge, experience and skills in TRIZ Systems.
23. Be content that you have a knowledge, experience and skills in Six Sigma.
24. Be content that you have a knowledge, experience and skills in SWOT analysis.
25. Be content that you have a knowledge, experience and skills in Fault Tree Analysis.
26. Be content that you have a knowledge, experience and skills in Failure Analysis.
27. Be content that you have a knowledge, experience and skills in FMEA.
28. Be content that you invested in your 401K at Samsung.
29. Be content that you stayed at Samsung CMP for 23 years exactly.
30. Be content that you have a myocardial infarction in December 22, 2008.
31. Be content that you have another blockage of your LAD, Left Anterior Descending in July 10, 2010.
32. Be content that you can still bike long distance in 2024 and climb to the highest point in Busay.
33. Be content that you can swim long distance non-stop 2.4 miles in 1 hour and 20 minutes.

34. Be content that you can swim underwater with no breath at the Marco Polo pool.
35. Be content that you can dead lift 150 lbs at Marco Polo T3 Gym.
36. Be content that you can squat 198 lbs at Marco Polo T3 Gym.
37. Be content that you can stair climb at Marco Polo T3 from Upper Ground to 27th Floor.
38. Be content that you have a paid off nice condo at Marco Polo T3 27B
39. Be content that you have a paid off 2021 Mercedes-Benz in Cebu, Philippines
40. Be content that you have an FTEC investment in Fidelity which had a 50% return in 2023.
41. Be content that you have an FTEC investment in MerrillEdge which had a 50% returns in 2023.
42. Be content that you have a knowledge, experience and skills in investing.
43. Be content that you have a knowledge, experience and skills in finance.
44. Be content that you have a knowledge, experience and skills in Psychology.
45. Be content that you have a knowledge, experience and skills in Computers.
46. Be content that you have a knowledge, experience and skills in Computer Networking.
47. Be content that you have a knowledge, experience and skills in Electronics.
48. Be content that you have a knowledge, experience and skills in Electrical systems.
49. Be content that you have a knowledge, experience and skills in MacOS.
50. Be content that you have a knowledge, experience and skills in automotive.
51. Be content that you have a knowledge, experience and skills in Audio systems.
52. Be content that you have a knowledge, experience and skills in Solar power systems.
53. Be content that you have a knowledge, experience and skills in Ham Radio.
54. Be content that you have a knowledge, experience and skills in Road Cycling.

55. Be content that you have a knowledge, experience and skills in Long Distance Swimming.
56. Be content that you have a knowledge, experience and skills in weight training.
57. Be content that you have a knowledge, experience and skills in Artificial Intelligence.
58. Be content that you have a knowledge, experience and skills in Wordpress and internet related technology.
59. Be content that you have a knowledge, experience and skills in reading.
50. Be content that you have a knowledge, experience and skills in writing.
51. Be content that you have a knowledge, experience and skills in speaking.
52. Be content that you have a knowledge, experience and skills in dream interpretation.
53. Be content that you have a knowledge, experience and skills Alfred Adler's Psychology.
54. Be content that you have a knowledge, experience and skills in Carl Roger's Psychology.
55. Be content that you have a knowledge, experience and skills in Carl Jung Psychology.
56. Be content that you have a knowledge, experience and skills in Abraham Maslow's Psychology

Short Version

**Simplified:**

**Appreciate all that life has offered:**

- Family: Hernando and Conchita Arcayan, wife, daughter, son.
- Upbringing: Born in 1966, 2nd child, only boy.
- Career: Successful 23-year journey at Samsung, knowledge in various fields.
- Investments: Wise choices like 401K and FTEC with high returns.

- Health: Overcoming heart issues, still physically active (cycling, swimming, gym).
- Finances: Paid off homes and cars, secure financially.
- Skills and Knowledge: Diverse expertise in technology, psychology, hobbies, and more.
- Personal Growth: Learning from dream interpretation and psychology greats.

This is a shortened version but preserves the essence of gratitude for various aspects of life. Remember, the specific details can be adjusted to reflect your own journey.

Long Version

## **A Life in Gratitude: Your Full Journey**

### **Family Roots:**

- Be grateful for the love and foundation provided by your parents, Hernando and Conchita Arcayan.
- Appreciate being born in 1966, the 2nd child and the only son, shaping your unique family dynamic.

### **Building a Life:**

- Be content with your wife, your anchor and partner in life's journey.
- Cherish your daughter and son, the gifts of parenthood and the joys they bring.

### **Career Accomplishments:**

- Celebrate a successful 23-year career at Samsung, the skills and knowledge you gained, and the contributions you made.
- Appreciate your diverse knowledge and experience in reading schematics, SharePoint, Knowledge Management, problem-solving, and various technical fields.

### **Financial Wisdom:**

- Be grateful for wise investments like your 401K at Samsung and FTECs with impressive returns.
- Enjoy the security and freedom that come with owning your homes and cars outright.

### **Overcoming Challenges:**

- Acknowledge and appreciate the strength you showed in overcoming your heart issues in 2008 and 2010.
- Be content with your continued physical prowess, evident in your ability to cycle long distances, climb mountains, and swim impressively.

### **Personal Growth:**

- Celebrate your dedication to fitness, with achievements like deadlifts, squats, and stair climbs at Marco Polo.
- Appreciate the comfort and security of your paid-off condo at Marco Polo and your recent Mercedes-Benz.

### **Investment Savvy:**

- Recognize your skills and knowledge in investing, finance, and psychology, contributing to your success.
- Be content with your diverse knowledge in computers, networking, electronics, and various technical fields.

### **Lifelong Learning:**

- Appreciate your passion for knowledge and learning, evident in your expertise in MacOS, automotive systems, solar power, and more.
- Be content with your diverse hobbies and interests like ham radio, cycling, swimming, weight training, and even AI.

### **Creative Passions:**

- Celebrate your love for writing, speaking, and dream interpretation, allowing you to explore your inner world.
- Be content with your knowledge of and connection to the wisdom of Alfred Adler, Carl Rogers, Carl Jung, and Abraham Maslow.

**Remember:**

This is just a glimpse into your rich and full life. Appreciate each element, big and small, that has shaped you into the person you are today. Be content with your journey, and use its lessons to continue growing and evolving.