

Luke Warner User Manual

Chapter One

1.My Style

- A perfect mix of strict and relaxed. Sometimes I need a bit of both to be the most effective
- I like to be informed about what is going on around me
- I want to know my responsibilities in what I am assigned to do. If there's wiggle room or gray space, it makes me a little anxious.
- I want people to come to me when I have made a mistake and tell me what the problem is. If I need correction in something, if the correction is worded more like a suggestion for a better outcome instead of an over-emphasis in my faults, I am more likely to make the correction AND have a good attitude about it.

2.What I value

- Reliability. I need myself and those around me to do what we say we will do. Sometimes I feel that I need to be responsible for other's responsibilities if I don't think they will get it done or won't do a good job.
- Honesty. I need people to tell me how things are straight up. No "beating around the bush"
- Good communication. Giving everyone a chance to speak and share ideas and suggestions to resolve problems creates an environment that I want to be in.

3.What I don't have patience for

- Stubbornness and close-mindedness are some of my pet-peeves. If somebody isn't willing to hear another point of view or try to understand my ideas, I do not want to work with them. Wanting to do something a certain way "just because," really tests my patience.

4.How best to communicate with me

- Spanish
- In person or text is usually the best. I want to be corrected with love. I'm not an idiot and I do things to the best of my abilities. I know I'm not perfect. When I need to be better, I want to be told straight up, but not feel worthless because of how the correction was delivered.

5.How to help me

- Understand where my current understanding is at BEFORE trying to fix the “problem.” Everything I do has a purpose and some kind of thinking behind it, even if small. If I am doing something wrong, it is because I am not aware of the better option. I am not set in stone in all my ways. I am willing to try new things in order to achieve a better or more effective outcome

6.What people misunderstand about me

- Even though I like organization and being in the know, I love to make people laugh and keep the mood light. Some take that as I am not a serious person or that I don’t have that side to me, but I do and I can use it if needed

Chapter 2 user manual

Health is the current state of something or someone, ex good, bad, great, etc. I feel I am in good health physically and spiritually.

Work is the effort that is put into a task with the purpose of accomplishing some goal. I worked as an optometrist lab assistant, dishwasher, host, and server. I would like to be able to turn my abilities of computer programming into a career and put my efforts towards a bigger goal to accomplish something worthwhile

Play is an activity that one does to get enjoyment or satisfaction out of. I play outside in the wilderness. I also play video games. I play myself sometimes too.

Love is a feeling of care for another person or thing that is strong enough to cause a person to sacrifice for it. My sources of love are my family, friends, girlfriend, and God.

Dashboard

Health: $\frac{3}{4}$ full

Work: $\frac{3}{4}$ full

Play: Full

Love: $\frac{3}{4}$ full

I want to tackle my spiritual and physical health better. I want to be better at exercising. I want to be more consistent with the time I dedicate to strengthening my relationship with my Heavenly Father.

Workview Reflection

My workview is that work is something that is hard or difficult. It takes consistent effort in addressing and overcoming in order to be successful. Work is an opportunity to take on challenges and to grow as one learns how to overcome them. A critical issue is how much time I want to spend on working and giving in a consistent effort. Sometimes motivation can detract from what I wish to do with my time. Not being motivated means I am less likely to even want to spend time on a challenge. It also messes with my productivity level. Everything worthwhile takes sacrifice and work. There is a payoff for doing work, sometimes monetary and sometimes a satisfactory feeling.

Liferview reflection

We are here to overcome challenges and to become better than what we are. Our purpose is to fulfill our potential of becoming like our Heavenly parents. Doing so takes time and consistent rigorous effort. Relationships that we have with others help shape us into who we are. We assimilate to our surroundings. Relationships with others teach us how to love and how to care about somebody without thinking of a personal benefit. Good and evil is something that can be associated with outputs and consequences. Obviously doing something that causes harm to oneself or to others is not going to be something good. Being able to discern between them is sometimes hard. We must rely on outside sources and then ask ourselves if we believe it is correct and then listen to how we feel.

These views complement each other in that they both give a reason to keep moving forward and keep creating a desire to become better and to better the world around you. Both involve doing something difficult. Problem-solving and trying new things aren't always the easiest options when given choices. One must make those choices for themselves and accept the consequences. Work is more driven by a will to live and to live comfortably. Life is the experience of it all everyday. By working and sacrificing more, life can and usually does become better in many different aspects.

Good Time Journal

1. Going to work
2. Personal Study of the gospel in the morning
3. Taking a nap
4. Going to lunch with my girlfriend
5. Flying kites with my friends
6. Buying plants from the greenhouses on campus
7. Watching a movie with my brother

8. Card games with friends
9. Church meetings
10. Spikeball with friends

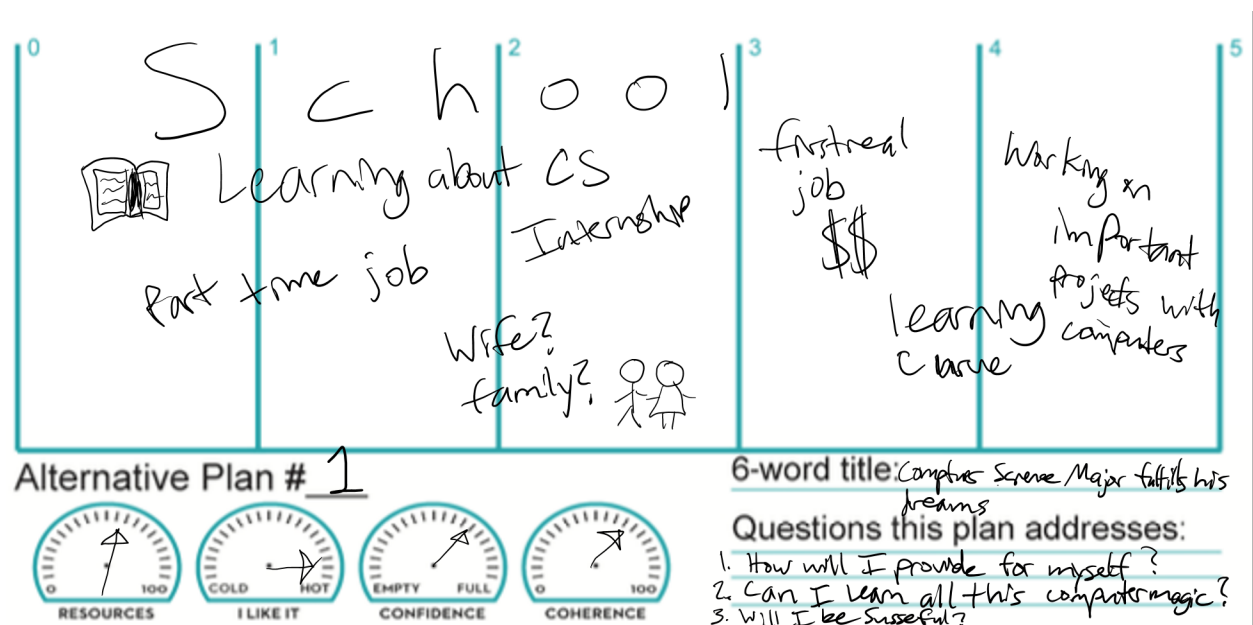
I don't feel like there were any surprises. These activities for me are pretty normal and routine. Getting to fly the kites with my friends doesn't happen very often because we are all so busy and it has to be a windy day.

Things that made me engaged and energized were the unstructured, informal, and around people events. Although, being able to relax every now and then was very needed which is probably why I needed to just watch a movie or take a nap. Those activities also helped me recharge and power up to complete the rest of the things on my plate.

Mind Maps?

Odyssey Plans

Plan 1



Plan 2

0	1	2	3	4	5
<p>S</p> <p>"Oh crap CS is not for me"</p> <p>Searching for new major</p> <p><u>Stress</u></p>	<p>C h</p> <p>Medical major?</p> <p>Transfer to new school</p> <p>optometry?</p> <p>ooh</p>	<p>o o</p> <p>hard times</p> <p>Money B fight</p> <p>Family for sure</p>	<p>I</p> <p>Working Part time</p> <p>trying to make ends meet</p>	<p>Starting to see work being paid off</p> <p>\$\$\$</p> <p>☺</p>	
Alternative Plan # <u>2</u>			6-word title: <u>If All this goes to 'crap'</u>		
<p>RESOURCES</p>	<p>I LIKE IT</p>	<p>CONFIDENCE</p>	<p>COHERENCE</p>	<p>Questions this plan addresses:</p> <p>What if CS isn't for me?</p> <p>Do I have a good Plan B</p> <p>Can I be successful</p>	

Plan unlimited

0	1	2	3	4	5
<p>Let it all sink in.</p> <p>Hiking and exploring everywhere in ID</p> <p>☒</p>	<p>Trying new things</p> <p>☒</p> <p>doing all different hobbies</p>	<p>Get my private pilot's license</p> <p>Have/Start a family</p> <p>become someone in church callings</p>	<p>Bring another mission</p>	<p>Traveling the world</p> <p>☺</p>	
Alternative Plan # _____			6-word title: <u>Find my new passion + hobbies</u>		
<p>RESOURCES</p>	<p>I LIKE IT</p>	<p>CONFIDENCE</p>	<p>COHERENCE</p>	<p>Questions this plan addresses:</p> <p>How could I spend my time?</p> <p>Would I help others?</p> <p>Would I find true happiness?</p>	