Personal Odyssey

Step One

Rate yourself on a scale from zero to ten in the following areas. Write a short paragraph explaining your rating for each one. While you are writing, ask yourself the following questions. What’s going well in each area? What’s missing? Why is it missing?

Health (5/10):

I eat relatively healthily and I’m active, outside of regular daily routine, at least once a week. I want to be in better shape, which is why I signed up for Fit4Life. I met with my fitness and nutrition coaches once and will continue meeting and training with them throughout the semester. With my limited knowledge on the subject matter, I believe that I’m suffering from an imbalance in the percentages of nutrients in my diet, an incorrect caloric intake, and an unstructured fitness routine.

Work (8/10):

My courseload this semester is intensive enough for me to feel busy, but not stressed. I enjoy the material, so most of the time it doesn’t even feel like work. I also volunteer at the Museum of Idaho in Idaho Falls during the week, which is part of a personal experiment to enrich my life through service to others and the community. I don't really need one, but not having a job is a source of discomfort for me. I’m constantly applying to them, but I lack the hard skills to land jobs in the industries that I would like to participate in.

Play (2/10):

I don’t really have an outlet that would be defined as “play”, but I do play chess with my sister who also attends BYU-Idaho. I spend my free time by myself, usually on a project or reading a book. When social interaction is encouraged, or the lack of would be considered rude, I try to be polite, but I’d rather be with the few people who know me best, my friends and family.

Love (1/10):

I’m not entirely sure what this section is asking for. I love my family, but I prefer to be by myself, so I don’t really talk to them much if I’m not around them. Some of them check-in with me every month or so. My sister lives nearby, so I spend time with and talk to her usually once a week. As for romantic love, I don’t really participate in it. By my standards, and likely theirs, there aren’t a lot of potential partners in my current environment.

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Step Two

Using the ratings and paragraphs from the prior step, identify and write down a problem you'd like to solve. Be careful to avoid gravity problems or ones you can't do anything about. They are simply the result of the circumstances of your life. Instead, focus on things that are actionable.

Problem**:**

I’m currently not in the best shape I could be, so I signed up for Fit4Life, a guided fitness and nutrition program sponsored by the school and physical trainer students.

Personal Odyssey

Diagram

Description automatically generatedStep Three (example)

Personal Odyssey

Step Three

Keep a log of your daily activities for one week. Rate each one from low to high in terms of your engagement and energy. Review your log at the end of the week and ask yourself the following questions. Were there any surprises? What appears to engage and energize you the most? (see example above)

|  |  |  |
| --- | --- | --- |
| Date | Activity | Rating |
| 01/19/2023 | Society of AI meeting. Learned some more about machine learning. Overall positive experience. Engagement: High. No Flow. Energy: +1. |  |
| 01/19/2023 | Made new chicken and rice recipe. Trying to expand my culinary capabilities. Overall neutral experience. Engagement: Mid-Low. No Flow. Energy: -2. |  |
| 01/20/2023 | Fit4Life consultation. Got a more informed opinion on my physical health. Overall positive experience. Engagement: Mid. No Flow. Energy: -1. |  |
| 01/20/2023 | Interview for volunteer position at Museum of Idaho. Got accepted, given onboarding information, and a tour. Overall positive experience. Engagement: Mid/Mid-High. No Flow. Energy: +1. |  |
| 01/21/2023 | Daily workout. Focused on mobility and cardio, ran five miles, did yoga, and stretched. Overall positive experience. Engagement: Mid-High. No Flow. Energy: -3. |  |
| 01/21/2023 | Made new blackened salmon recipe. Turned out well enough. Overall positive experience. Engagement: Mid-Low. No Flow. Energy: -1. |  |
| 01/22/2023 | My youngest sister’s birthday. I called her and we talked for a while. Overall positive experience. Engagement: Mid-High. No Flow. Energy: +1. |  |
| 01/23/2023 | FHE. We played board games and ate food. Overall negative experience. Engagement: Mid/Mid-High. No Flow. Energy: -4. |  |
| 01/23/2023 | Web Fundamentals class. Had a clarifying moment while coding HTML and CSS. Overall positive experience. Engagement: High. No Flow. Energy: +1. |  |
| 01/24/2023 | Programming Building Blocks. My favorite class of the semester thus far. Learned more about coding Python. Overall positive experience. Engagement: High. No Flow. Energy: +2. |  |
| 01/24/2023 | Daily workout. Focused on core strength, completed varied exercises. Overall positive experience. Engagement: Mid/Mid-High. No Flow. Energy: -3. |  |
| 01/25/2023 | Talked with Professor Hayes about neural networks. Discussed it with me instead of preaching it at me. Overall positive experience. Engagement: High. No Flow. Energy: +2. |  |
| 01/25/2023 | Completed first ai model tutorial utilizing neural networks. It takes datapoints from tumors and diagnoses them as either malignant or benign. Overall positive experience. Engagement: High. No Flow. Energy: +1. |  |
| 01/26/2023 | Started developing a simple video game using Unity and C#. Lots to learn, but fun to implement. Overall positive experience. Engagement: High. No Flow. Energy: +1. |  |

Personal Odyssey

Step Four

Write a short reflection that expresses your work view. While writing this reflection, ask yourself, what is work for and what does it mean to you?

Work View:

I can enjoy work of all kinds, but I have to be interested in the subject matter to be truly productive. I can force myself to do projects that I don’t hold in high regard, but I find myself working less efficiently than normal. Work is any exertion, mental or physical, to complete a task.

Write a short reflection that expresses your life view. While writing this reflection, ask yourself, what are your defining values and why are they important in your life?

Life View:

A society dictated by truth, facts, and morality should be standard. Contributing in meaningful ways to the immediate community should be just below an individual's priority to improve themselves in all measurable ways. Common and “necessary” evils should be combated and ideally replaced by overwhelming uncommon and unnecessary good; however, it should ultimately up to the individual to decide how to enact positive change.

Personal Odyssey

Step Five

Using the all the information you’ve generated so far, design your personal odyssey. Your personal odyssey is a five-year plan that considers the areas of your life you’d like to improve, the big problems you’d like to solve, the things that energize you, as well as your work and life views. In other words, it is a cohesive but multi-dimensional plan for achieving your career goals and lifestyle aims. Try to include at least one personal and one professional milestone per year on each plan.

Using pictures or words or both, create three versions of your personal odyssey. The first is how you want your life to be for the next five years. The second, is what you would do if the first can’t happen. The third is more visionary. Think of what your life would be like if money and time were no object. Give each plan a title and list any questions you have about the plan.

Review the following examples carefully then create your own.

Diagram

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Diagram

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Odyssey One: That thing you do

A picture containing chart

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Odyssey Two: That thing you’d do if thing one were suddenly gone

A picture containing chart

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Odyssey Three: The thing you’d do if money and time were no object

A picture containing chart

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