David Schaad

HEALTH: ¼

* Physical activity and well-being
* Mental health
* How I feel
* \*Regular exercise, proper eating, mindfulness

WORK: ¾

* Productivity
* Efficiency
* Projects, whether personal, academic, or career

PLAY: ½

* Relaxation
* Hobbies done for the enjoyment, not necessarily for an end product
* 'Fun'
* Socialization
* Self-care/self-love

LOVE: ½

* Passion
* Relationships, platonic and/or romantic
* Engagement with priorities - Am I doing what I want to do?
* Family, friends, loved ones

WORKVIEW:

I want to create things and I’ll need to make money for myself. Learning and applying that knowledge through skill is the backbone of our economy within our society. Everyone can find a job that they enjoy that supports the lifestyle they want to live, if they are willing to work for it. Work gives you the opportunity to develop a skill to the point of becoming a master at it. Work is something most people don’t enjoy or look forward to but it is something that can be beneficial; it provides a consistent routine and schedule, opportunities to stretch yourself and your skills, and gives an environment to make friends and meet people.

LIFEVIEW:

I want to help others and make the world a better place in my own small way. I always want to improve and progress. Life is about relationships and caring for one another. Our goal in life is to grow, ideally into better people. We are given challenges and hardships for one of two reasons; either we are given them to grow and improve, or we are given them simply to see if we will continue to get up and soldier on. Not everything that happens has a purpose or a meaning, but there is something positive to be learned from any experience. At the end of the day, it isn’t about “success” or power or money or glory, it’s about the journey we’ve taken and the lives we’ve touched and been touched by.

GOOD TIME JOURNAL

Engaging/Energizing

* Eating
* Helping others
* Listening to music
* Accomplishing tasks I set out to do (e.g., homework)
* Working on something I’m passionate about (e.g., coding, music, dungeons and dragons)
* Spending time with friends
* Cooking

Draining

* Trying to fix one-sided relationships
* Things not going to plan (e.g., taking longer than anticipated to cook a meal)
* Wanting to be responsible but feeling unable to do a task
* Being around people who bring me down

MIND MAP

* Engagement: Cooking
  + Simple
    - Just follow directions
  + “In-the-zone”
    - Little room to multitask
  + Service
    - Cooking for others
    - Feeding myself
* Energy: Spending time with friends
  + Socialization
    - Talking with others
    - Listening
    - Shared experience
  + Fun
    - Activities
    - Talking
    - Laughing
  + Relaxing
    - Venting
    - Consoling
* Flow: Writing sessions for DnD
  + Writing
  + Storytelling
  + Hype
    - Excitement for sharing with friends
    - Unsure where the story will go

ODYSSEY PLAN

Plan 1: Work as some sort of programmer, ideally at a job I enjoy. Be married or seriously involved with someone. Live alone/with spouse.

Plan 2: Be a stay-at-home dad/husband. Work any job I can get if necessary. Possibly pursue alternative careers such as singing or music.

Plan 3: Travel. Pursue personal projects. Get married, hopefully raise a family. Sing for others.

9-5

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| --- | --- | --- | --- | --- | --- |
| Year 0 | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 |
| After Grad | Work any job I can that pays well | Continue working, analyzing if the job is a good fit | Change jobs if necessary. Hopefully be married by this point | Continue working | Continue working |