David Schaad Total Points: 100

**How would you explain this week's topics to a person not in this class? (10 pts)**

Accepting any commitment given your way is rarely the right move, both for yourself and the people you’re interacting/working with. You need to be aware of how realistic a goal is and what the costs may be for the specific commitment.

**What would you do differently next week? (10 pts)**

I would be more kind with myself. When I don’t meet a goal or commitment I set for myself, I beat myself up. This doesn’t really help anyone, especially not me. I think that trying to be understanding of myself and recognizing my shortcomings without being too hard on myself will let me become better and make more reasonable goals.

**Why is this week's topic important for teamwork? (20 pts)**

In a team, you end up making a lot of commitments, mostly to people above you, customers, and each other. Understanding how to make an honest and accurate commitment is vital to build trust and respect, both for yourself and your peers. Sometimes, this means saying no or explaining that a deadline is unrealistic/impossible. But this can also mean saying yes and being committed to accomplishing a task without burning yourself or others out.

**How do plan on contributing to the team, besides completing your tasks? (20 pts)**

I can contribute to the team by helping us keep our scope in mind. I know for me personally, I can make plans and set goals that sound promising on their own but are far beyond my capabilities or resources written down. I can use my experience to help my teammates keep in mind limitations to our scope, whether that be time, resources, or otherwise.

**How does your experience relate to other experiences you have had? (20 pts)**

In group settings, I sometimes tend to take a backseat and simply do whatever is asked of me. I can be a bit of a “yes man” simply because I feel like I should be able to do anything that’s asked of me. What I’ve learned however is that I have a lot of limitations due to my mental health and need to be mindful of them and let others know them. There are a lot of things that I would love to do but can’t and goals that may be realistic for others often require a lot of sacrifice from me; sacrifice that is rarely worth it.

**If this was a religion class, how would you relate this week’s topic to the gospel? (20 pts)**

Christ understood commitments perfectly. When anyone came to Him asking to believe or for a miracle, He would give them a commitment according to their level of faith. This ranged from asking people to preform seemingly random tasks to test their faith, or simply asking them to believe Him. Now, just as then, God and Heavenly Father never give us a challenge or a goal that we can’t reach. They understand our weaknesses and strengths and give us goals and guidance accordingly.