

The person in my life who has influenced me and continues to do so to this very day is my father. He is the most hard-working and strong willed person I know. My family has a history of poor health issues and my mother has definitely shown that to be true. And while my mom is strong willed and has done a fantastic job handling herself with all of her illnesses, my dad is always there supporting her. Even if he doesn't realize it, my father is always pushing people up and making sure they stay on their feet. He was in the military for 25 years so I think he has gotten pretty good at it.

For me, the most impactful moments of his influencing of me, was in high school. I was a mess and had put off a lot of honor course work and the deadlines were gaining on me. I called him and I broke down, because I felt helpless and out of control of this situation. He kept giving me suggestions and I kept turning them down and essentially was giving up. And then he did something I would never forget. He yelled at me over the phone. He has never yelled at me in my entire life. And while in the moment it kind of sucked, it dawned upon me later what he was doing. He knew I could do it, and he knew that I was putting myself into a cycle of doubt and anxiety, so he knew a system shock would cause me to move forward. And even if in the moment it was not immediate, his passion to keep me moving forward still sticks with me today.

On top of that memory, my dad has done so much for my family that I don't even know how I am so lucky to have him as my dad. He turned down being a General in the military in order to make sure that my family was in a lower stress environment and in an atmosphere we liked. My dad also drove home to our house every weekend from first Great Falls, MT (My family lives in Missoula), and now Layton, UT. So yeah, my dad is a hard worker, bullshit smasher, and a huge influence on my life.