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**User Manual - Final**

**Health, Work, Play, and Love Dashboard**:

* Health: Fairly healthy in body, mind, and spirit
* Work: College student, deli clerk
* Play: Playing games, spending time with close friends and family
* Love: No relationship currently; Love primarily comes from family and friends

**Workview and Lifeview Compass**:

* **Workview**: Work, albeit unpleasant, is an opportunity for you to advance your life forward. By completing various tasks given to you, you receive payment, which is something necessary for your survival (*as well as the survival of those you love*). It’s not fun, but it is essential. Alongside the money, you gain experience that can aid you throughout the rest of your life. If you’re lucky, you can even use that experience in another job in the future.
* **Lifeview**: I like to find a balance between two different philosophies: that life should be lived to the fullest as well as the pleasantry of going with the flow. These points may be counterintuitive, yet it depends on the scenario at hand. Additionally, I find it essential to always find opportunities to show your love for the people close to you. Cheesy, yes, but I find it important. As you showcase someone’s worth in a positive light, the more they grow to love you as a person as well. If the people around you are happy, then it also makes you happy as a result.

**Good Time Journal**:

* Playing a game with close friends
* Crafting the perfect quesadilla and instant ramen
* Completing a really hard assignment earlier than I had expected
* Seeing one of my friends succeed in a hard task
* Doing surprisingly well in an online game, exceeding my own expectations
* Being invited to go out and eat something with my roommates
* Appreciating the cleanliness of my room after cleaning everything in it
* Finding a really good show with tons of episodes out of nowhere; perfect for binging
* Being complimented by a random person out of nowhere
* Being surrounded by complete silence while reading a good book

**Mind Maps**:

Sharing Experiences

Love

Communication Skills

Family

Advising Each Other

Goodwill

Friends

Good Mindset

Desire to do Good

Spending time with those that I love (*Engagement*)

Sharing Experiences

Independence

Always Looking for Opportunities to Improve Myself

People Skills

Socialization

Something to Gain

Good Speaker

Knowledge

Increased Vocalization

Always Striving to Better Myself

Creativity Problem Solving

Likes Going by the Rules

Quiet

Games

Humble; Still Learning

Cooking

Fine Vocabulary

Reading

Always Striving for Better Results

Alone Time

(*Energy*)

Well-Mannered

Patient

Cleaning

Time to Think

Organized

Always Looking for Something to Do

Effective with Time

Innovative

Creative

Pleasant to Be Around

Potentially Easy-Going

Relaxed When the Time is Appropriate

Potential leader

Going with the Flow

Understands the Importance of Good Group Relationships

Effective

Strict

Fun-loving

Acting Appropriately Depending on the Situation (*Flow*)

Realistic Expectations

Knows When it’s a Good Time to Have Fun

Doesn’t Push Beyond Boundaries

Realistic

Responsible

Knows When to Get Things Done

Schedule Based

Goal Setting

Punctual

Timely

**Odyssey Maps**:

Table

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