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To: Godfrey, Kory
Subject: Updates 11/23/19
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11/23/19 Updates

Fitness project "Deep Learning"

- **Heart**- More than ever, I enjoy what I eat more. I am more mindful of what I eat than ever. Less so do I just wolf down food while not thinking of it. I have come to like more "bland" foods. For example, sparkling water. I think I like it now haha.
- **Mind**- I found out that sparkling water is just as hydrating as "flat" water is. Pretty cool! Again – with my wellness, I feel less anxious about eating than before. I feel that myself restraint is growing. They say it is like a muscle, self-restraint. Well, I have been exercising it!
- **Physical body** – my goal for eating 2,000 calories or less Monday – Friday went pretty well! I went over on Wednesday… maybe one other day... but yeah pretty great. I am really happy about it. I feel that my abs are getting stronger. I ought to take a "before" picture.
- **Immortal soul-** it sure is invigorating seeing progress, not matter what it is! I have been patient with myself over the years with fitness, I can keep doing so! I need to make sure that this enthusiasm carries over into other parts of my life.

Family History + other

- **I Learn gospel insights into success and project management-** It sure does not come all at once, does it? Sheesh this class has sure made me think. I love what you said about the "line upon line, precept upon precept" pattern. You mentioned that in the context of quality – that maybe what we should be paying attention to is what is moving us up from level to level.
- **I Engage the stakeholders-** 2 of my sisters were pretty excited when I told them that one of our ancestors was the first member to be born in Georgia. I have not yet told any of my grandparents about what is going on with the project. I need to do so!
- **I make a successful Family history binder –** I have been gathering a lot of things of my family. One of the "rabbit holes" I went into was of some of my family – the "Bloods". That is their last name. I found out that the brother of one of my ancestors, Henry Blood, was the governor of Utah during the depression. But unfortunately, he was a New Deal democrat! How lame! Oh well.

Follow up from our little meeting

I have been thinking about our conversation about quality, improvement, and other topics. I have been thinking about what I could do to improve my projects (or how I am doing them), and how by doing so, I need to learn and grow personally.

I have come to realize that I am afraid. Improvement would take stretching and maybe more time. I guess I am afraid of that investment. I have gotten used to the status quo. You were probably right to suggest some quality intervention. I will keep dwelling on this subject.