November 2, 2019 project updates

Modification! I hope you don’t mind, But while I hope to be learning new things, I will at times talk about things that just “stood out to me. “this will occur in my weekly and final report. I think I will succeed in the class still and deserve full marks by my doing so.

**Fitness project “Deep Learning”**

* **Heart-** This week I began counting calories. It has really motivated me to be content with less. I have had had less “worrying” about eating. It has been good.
* **Mind**- I have met with Jacob (that super cool ex marine guy you introduced me to. I learned a lot from him!) I learned a lot from him. I have seen that my stomach will shrink and adjust to what I eat. That has been cool to witness

**Physical body**- I have worked out 4+ times and been tracking my calories for a couple days now. It has been Good!

* **Immortal Soul**- Last week we went over some of the temptations of Christ in my religion class. I thought it was interesting, to hear again about how Christ was tempted. He was tempted to his appetites, just like we are. In this life, we are to overcome these appetites for sure.

**Family History + other**

* I Learn gospel insights into success and project management- I was reading in the book of John. And In it we see that when we learn about Christ, we are learning about God the Father. Since Christ was a project manager in a way, when he created the earth, That means that Project management can help us learn about and grow closer to the father. I think the key to this would be thinking about how it all ties in and pondering about it.
* I Engage the stakeholders – Well I told my mom about my project and I think she is on board haha. She suggested I include George Q. Cannon. I agree with her, I definitely should! He was one of my more influential ancestors I would say.
* I make a successful Family history binder

I began gathering documents on my computer about my ancestors. It sure is a lot of fun. I bought a binder a while back, and I look forward to making the binder look awesome.