11/30/19 Updates

**Fitness project “Deep Learning”**

* **Heart**- I feel overall pretty invigorated after the meeting I had with brother Hunt. He gave me some new information related to nutrition that is honestly pretty groundshaking. It like, changes many presuppositions. So that has been fun to deal with.
* **Mind**- I met with Brother Jason Hunt. He is a physiologist, and faculty here. He told me some great information about sugar, fat, and calories. He said that artificial sweeteners are bad, and are going to give people diabetes. Scary stuff man! So I am now trying to limit my intake of artificial sweeteners.
* **Physical body** – Well, lets be honest, I am looking forward to next week because, wel, I will burn off this week haha. It will be good. I am still doing pretty well with my muscle I would say. I am pretty fired up – I am excited to keep on cutting.
* **Immortal soul-** It sure is fun to be eating – feasting – whether it be around thanksgiving or Christmas or other holidays. Its good to do but is hard to reconcile with my wanting to keep goals for calories. I figure I ought to enjoy myself. That seems to be the best thing to do as far as my “wellness” goes.

**Family History + other**

* **I Learn gospel insights into success and project management-** One thing I have been thinking about is about measuring quality. I wrote a note in my notes about “measuring quality in myself.” In the Gospel, we are pretty clear about measuring quality in our spiritual standing. Keeping the commandments, striving to improve, holding a temple recommend, etc. I think I could use these things in regards to my projects.
* **I Engage the stakeholders-** I asked my Grandma about who would be cool to research for this project of mine. She said that there are “many interesting ones.” I will have to follow up on that! She could point me down some fascinating paths for sure.
* **I make a successful Family history binder –** So my uncle sent out an email saying that we are related to the old Danish king “ Harald Bluetooth.” He was influential in uniting the kingdom and converting them to Christianity – something like that. Anyways the Bluetooth tech is actually named after him. I believe him, but I couldn’t see how I am related to him. I guess I will have to follow up on it!

**Follow up from our little meeting part two**

I appreciate you sending me that poem. I have been thinking about fear. I read some things by President Hinkley about the subject, and wow, Satan wants to get me down! He uses fear to get us from improving!

So by now I feel like I have overcome a bunch of my fears, in the contexts of these projects and such. I was wanting to come up with something to improve what I am doing in this class, but felt pretty stumped.

I just now came up with an idea, however. Thinking about the “deep learning” concept, I think that I should ponder about habits. Fitness and family history are great, but need to be incorporated into a regular lifestyle. I will get back to you next week about what I have been thinking about habits.