11/9/19 Updates

**Fitness project “Deep Learning”**

* **Heart-** As far as my emotions and attitude toward fitness go, I have seen a big change recently. I started using a calorie counter. After meeting with Jacob last week, I felt excited to start counting calories. I have done it everyday this week. I feel less anxious about what I eat and like, no guilt about eating unhealthily. I know that I can plan for things that I eat and that it will turn out fine.
* **Mind**- wellness has gone up! I am so much more “mindful” about what I eat now. I am learning more about myself.
* **Physical body**- I have kind of thought this for a while, but It is my face that first shows my body fat percentage. I feel I have lost some fat! My facial features end up looking more defined, and I can see more vascularity in my arms.
* **Immortal soul-** I hope to gain more favor with God as I care better for this temple that he has given me.

**Family History + other**

* **I Learn gospel insights into success and project management-** One thing that I think about sometimes is something like “success is not giving up”. I have had to tell myself that at times. This applies to repentance. We aren’t supposed to be perfect now, but are supposed to strive to be better.
* **I Engage the stakeholders –** well I asked my wife if she would want to put any of her ancestors’ stuff in the binder, and She said she did not know. I am excited on telling my family about an excited discovery I made (see below). That will be awesome!
* **I make a successful Family history binder –** well guess what I found out? One of my ancestors was the FIRST convert to be baptized in Georgia! Wow! Guess where I served my mission? That’s right, GEORGIA!! How did I miss this? Wow! This binder will be awesome, I can already tell.