12/7/19 Updates

**Fitness project “Deep Learning”**

* **Heart**- emotionally, still going well! I appreciate the tools god has given us to use for our benefit.
* **Mind**- when I mess up on eating something, I feel much better about myself now than I did before. If I eat to much ice cream for example, hey, chances are you can still meet your daily calorie limits. All is well.
* **Physical body** – My goal is to cut! And to do so safely and with a long term outlook. I am excited. I think that by April 1st I will be in a really great place.
* **Immortal soul-** Honestly, A lot of my grit is slacking.It could be because the semester is coming to an end or something. I am unsure. My motivation to get up In the AM and get crap done isn’t what it was 2 months ago.

**Family History + other**

* **I Learn gospel insights into success and project management-** everything works according to the law that God gave to it. When we know the law, we can act accordingly. Calorie counting is likely the law that God has given to many aspects of nutrition.
* **I Engage the stakeholders-** I asked my wife about making habits out of family history, she agreed that unless it is a project like the one, the habits I could make would be indexing and ordinances in the temple. I texted my uncle about being related to that ancestor of mine the “Bluetooth” guy from Denmark. He is yet to respond but I will likely get a response from him.
* **I make a successful Family history binder –** I found some neat information about one of my ancestors – who lived in Massachusetts until he emigrated to Winter Quarters where he died. This side of the family lived in the east coast for generations until being converted.

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

It has been interesting pondering about habits in the context of my fitness and family history project. As far as habits and fitness go, I plan on counting my calories for a long time, honestly. Well into the spring. I will not always do it, but is proving to be a valuable tool for my purposes.

I am making a habit of mindfulness about what I am eating. For a while after this class, I will be in the habit of being mindful about my eating. If I keep It up (as I plan on doing) then this will really be a part of my for a while.

Regarding Habits and family history, I need to make a habit out of temple work and web indexing. Post mission, I haven’t done that bad about temple attendance. And I have done more web indexing than others, but I could make something regular out of it.

Before I walk on the 18th, I will make it a goal to do some web indexing and attend the temple. I will keep you updated about it.

As I think about it… these are probably some of the most favorable outcomes that could occur from the family history project – incorporating family history activities into my personal life.