I wanted this to be longer, sorry it isn’t a full page long! I know that is what I was planning on, but do with that what you will grade wise. I know you said something like how you didn’t think I had to write this, but I could if I wanted to.

But It is important to me to do something to somewhat summarize what I have gotten out of this class. I have definitely “deep learned” a lot of the fitness things from the project. For example, I have been making good habits with exercising, something I want to always do. I pay way more to my portion sizes, and that will be a blessing in my life.

Meeting with Jacob – that was a real game changer! He really changed my fitness trajectory. I appreciate you introducing me to him. Going forward, I think that the biggest improvement that I could make with my fitness would be to change the “why” of why I want to look a certain way. As President Oaks says, There is always “Good, Better, and Best.” I could try to align my will more with God’s. it would take some pride reduction, most likely.

It sure has been fun researching stuff about my ancestors and such. We stand on the shoulders of Giants! That is for sure! I want my children to understand that as well. They are the biggest stakeholders here. My ancestors have done their part, it is time for me to do mine.

It was a bit “soul expanding” as you said, trying to figure out what to do, in such an open ended class. That was very good for me. It is always good for some stretching, I know I often get too comfortable. Thanks bro Godfrey!