**My style: INFP**

* I tend to be a more introspective type of person. I enjoy being in group settings, but I will often reserve my thoughts unless I am actively asked about them. I enjoy talking to people in more intimate settings, rather than addressing an entire crowd.

**What I value:**

* I value creativity and freedom of expression. Being able to put some of myself into my work is important to me. I am able to follow rules and operative standards, but I always prefer activities that allow me to imbue some of my ideas and creativity into the final product. This helps me work better, and allows me to stay engaged in what I do.
* I also value free thinking and brainstorming when it comes to solving problems. I think that people work best when they are allowed to approach problems in their own ways. Oftentimes, this leads to unique and innovative solutions.

**What I don’t have patience for:**

* I don’t have much patience for people who are easily irritated. I simply don’t enjoy being around those kinds of people, and I dislike the negativity that this brings around me. I don’t like it when people actively express annoyance over small things. I find that I do not work well with people who have more pessimistic attitudes. I am a very optimistic person, so being around someone who is more openly pessimistic messes with my workflow. I need to surround myself with people who have more positive attitudes.

**How to best communicate with me:**

* As I am more of a reserved person, I prefer it when people actively seek me out to ask questions or communicate. I tend to save my thoughts for moments when people directly address me. I also communicate best with individuals, so I prefer to interact with people one on one. If I have to address a large group, then I will probably not be able to express myself as well.

**How to help me:**

* Direct and clear communication with me will be the most conducive way to interact with me. I tend to be more terse and reserved around people that I do not know well yet, so it can be helpful when other people ask for elaboration on something when they need it. Otherwise, I may just say a few words and then stop talking.

**What people misunderstand about me:**

* While I may seem shy when you first meet me, I actually really love interacting with new people and developing relationships with my peers. I may seem more serious when we first begin talking, but I enjoy being light-hearted and not taking things too seriously.
* Sometimes people may think I’m not as invested in something because I don’t give as much input in group settings, but this is simply how I choose to communicate. As we build a rapport, I become more comfortable with contributing my ideas.

**Health**: While I’m not physically unhealthy, I do have goals for my body. I’d like to work on improving my physicality. Along with that, I think I could work a little harder on developing more mental and spiritual fortitude. That is never a bad thing, because the way you feel in your head actively affects the condition of your body.

**Work**: I am trying a lot harder on my homework and staying on top of all of the work required for my classes, and that is a huge improvement from last semester. While this is a very good thing, I need to continually put effort into this category, because it could be easy for me to backslide on this if I make a few mistakes. I also would like to find employment to be able to get an income.

**Play**: I enjoy doing things with other people. In fact, I would say that most of my refreshment and edification comes from social gatherings and interactions with others. When left to myself, I find myself becoming extremely bored. I still find a lot of enjoyment from music, but I generally rely on interacting with others to recharge myself mentally. I would say I’m half here, because while I have healthy outlets of fun, I am also always thinking, “I’m bored.” So clearly I’m neglecting myself in some way.

**Love**: I am very grateful for the relationships that I have right now. I really enjoy calling my mom and talking with her, and I have a very good relationship with my roommates; I love them a lot. I think I could put a little more effort into my relationships, and be less of a passive bystander.  
  
Work: ½ Room for improvement; I have a desire to continue growing here.  
Play: ¾   
Love: ½  
Health: ½ Lots of goals for physical and spiritual improvement

**Workview**:

I think that fundamentally, work is engaging in some form of labor that provides for our basic needs for survival as humans. In the past, this meant ensuring that you had a source of food growing, or that you had to go out and hunt or fish daily. The modern definitions of work have changed, and now we can do any number of different things to gain a source of income.

My thoughts and attitudes towards this have changed a lot over the years, and they still change. At first, I just wanted to pursue my passions for my work; music and writing. While I still hold those things very near to my heart, I have a desire to find employment that will allow me to successfully create and support a family with a degree of security. I don’t think it is impossible to do this with the arts, but learning new skills is important. There is a sort of growth to creating new goals and wanting to learn new things.

I think that you should enjoy your work, but it is also natural to not always enjoy something right away. I think the most important thing is to seek out things to enjoy in your work, even if you have to actively create these things. Without finding some kind of deeper meaning in your work, it will just feel like a waste of time.

**Lifeview**:

While I am sometimes seen as optimistic to a fault by others, I live by the idea that there is an objective truth to everything in life. I’ve recently doubled down on this idea; there can only be two things in our lives, Truth and Not Truth. The mysteries of life are sometimes difficult to grapple with, but this idea of truth that I hold in my heart is what motivates me to keep learning and to keep trying.

Hope is extremely important. Without hope, there is very little reason to try to do anything. Phrases like, “What’s the point?” can come up, and derail us to dangerous places. This hope and belief that there exists some objective truth is what helps me direct my life. If I keep seeking, then eventually I’ll have to come to a place of truth; this is my philosophy.

The church is an important factor in all of this, and has proved to be an invaluable source of direction for myself. While I have struggled with concepts in the past, this is all part of learning and growing, and ultimately, I am a better person because of it.

**How these compliment each other**:  
 This hope for a future is something that allows me to pursue work with a positive attitude. When there is meaning in your life beyond just a mindless job, you are able to bring parts of this meaning into your work. Integrating parts of my personal beliefs into my work can be a very positive thing, because it imbues my work with a purpose beyond just accomplishing tasks.

**How these can clash**:  
Of course, sometimes I have worked in positions that have not always been things that I wanted to do. This can cause conflict for me, because it can feel like I’m not doing what I *should* or could be doing. Even this can be turned into a positive outlook, however. When I worked a menial labor job, it made me think about what I really wanted, and that was the catalyst that brought me to seeking an education at BYU-I.

**Good Time Journal**:

**Monday**:

-Practiced piano

(High engagement, Positive energy)

**Tuesday**:

-Went to devotional

(High engagement, Positive energy)

-Met up with a friend

(High engagement, Positive energy)

**Wednesday**:

-Cooked a nice lunch

(High engagement, Positive energy)

-Wasted time sitting in my room  
(Low engagement, Negative energy)

**Thursday**:

-Had a good conversation with my roommates

(High engagement, Positive energy)

**Friday**:

-Went on a date  
(High engagement, Positive Energy)

The things that engage me during the week are typically activities that I enjoy, and involve some sort of social interaction. While I do enjoy spending time by myself, I find that I gain a lot of positive energy from interacting with other people. I really look forward to meeting with friends and doing things in a group. I think that just practicing being social and interacting with other people engages my brain, because it does take active work for me to do things like hold a conversation. Just like physical activities, I think that the social aspects of life involve skills that can be practiced and developed. Seeing actual improvement in these areas (being able to comfortably talk to people) is very invigorating, and makes me enjoy spending time with new people.

**Mind Map**:

*Energy: Going on a date*

- Social interaction

- Practicing conversation skills

- Getting to know a new person

- Learn how I best interact with others

- Recreation

- Carved Pumpkins

- Creative expression

- Opportunity to create

- Healthy Discomfort

- Pushing outside of my “comfort zone”

- Learning how to deal with new situations

- Working with someone new

- Figuring out how to respond to a personality

*Flow: Baking bread*

- Creation

- Joy in making things

- Making something complex out of simple things

- Something others can enjoy

- Effort

- Keeps me busy

- A task that I can work on throughout the day

- Patience

- Artistic

- Requires a personal touch

- Engages my mind

*Engagement: Talking with roommates*

- Learning about each other

- Forming deeper relationships

- Learning to appreciate different people

- Practicing conversation

- Light hearted environment

- Able to enjoy our company

- Discovering our own methods of communication

- Extending our ability to relate to others

**Job Descriptions**:

*Creative expression*:

Finding enjoyment in being able to create things. Engaged in creating new things, and being able to think outside of the box.

*Requires a personal touch*:

Personally and internally driven. The ability to motivate yourself, and create your own goals and checkpoints. Involved in the work beyond just “getting it done”.

*Extending our ability to relate to others*:

You must have the ability to learn about different kinds of people, and how to best accommodate their method of learning and interaction. Able to express empathy for others, and have patience and understanding.

**Odyssey Plan 1**: *How I want things to go*

Year 1: Start my Computer Science education (I am here)

Year 2: Develop my skills in school, and begin to develop work related skills  
Year 3: Look for internship opportunities, and connections in the job field  
Year 4: Graduate, and find employment at a job that engages me and has good pay  
Year 5: Continue to become established in my career, and look for a place to start a family

**Odyssey Plan 2**: *If I could not attend college*

Year 1: Continue to learn CS related skills, and search for a job to support myself

Year 2: Put effort into moving into a workplace where I can build my skills in a long-term and useful way  
Year 3: Get a more permanent residence   
Year 4: Use my work experience to find a better position where I can keep growing  
Year 5: Use my accrued skills and resources to establish myself in the community  
  
**Odyssey Plan 3**: *If money and status weren’t relevant*

Year 1: Continue to attend school to learn new things and be involved in the community

Year 2: Get an associates degree/Certificate, and leave school  
Year 3: Get married and find a place to establish a family  
Year 4: Focus on creative things. Work on music, and get involved in an orchestra.

Year 5: Use the skills I have acquired to do things that I enjoy. Program things, and write music.

*Plan 1*:

Am I going to be able to maintain a good work/life balance with this plan?  
Is this realistic?  
Will I be able to motivate myself to achieve this?

I think that this plan is fairly solid, if a bit vague.

*Plan 2*:

Would I really want to pursue this direction without schooling?

Is this plan too focused on work?

How successful would this really be?

If I lost the chance to continue my education here at BYU-I, I’m actually not quite sure what I would want to do. While keeping on the path of CS could lead to good job opportunities, I’m not sure if I would have the drive to motivate myself to learn the skills on my own.

*Plan 3*:

Would I really want to finish my degree?

How far would I go with my music if I didn’t have to worry about money?

Would this plan make me happy?

My primary passion is creating music, and if I didn’t have to work for money, I think I would want to devote more time to music. I think I would want to still get a degree, because it would keep me learning and give me things to do.