

Workbook Activities

Activity 14

I wrote about my admission process to college. When I told it from the moment perspective I was able to express my frustration with myself and the system and how I didn't get what I wanted. But what I was able to gain from looking at it in a holistic sense was that it was just a moment. I was already accepted to RPI at that point and the people that I spoke to said that would be more than enough in terms of job application. There was no need to be so upset.

Activity 15

This was kinda eye opening. Since I went through ARCH everything seems too overbearing. It seems like the 20 minutes I would spend doing something good for myself would be too much time. So upon taking the time to volunteer and do some household things I realized how little time certain actions take. It really has made me realize I need to adopt the mindset of yeah I think I have time why don't I just do it.

Activity 16

What I decided to do is focus on my movement in a game called Project M. It's a variant of Smash Bros. I focused on my ability to move around the map as efficiently and effectively as possible. Being able to focus time and effort into improving my game has been effective in my ability to refresh. Entering that state of flow has been really good to release from the tensions of the day.