Chapter 1 –

Health: 5 - Livable

My health is rated at 5, which I claim to be livable. I do not go out of my way to increase my health, but U’m not in a position where I struggle with being unhealthy. I would like to increase my health to better my longevity. I sometimes feel tired doing regular things. I would like to improve my health. I also struggle with motivation, which makes it tough to get work done. I would love to improve my mental health too.

Work: 4 – Somewhat Dissatisfied

I am unsatisfied with my work. The work that I do from day to day seems like an endless droll. I see the value In some of the work, and I enter the flow stage when I get some really complex algorithm to craft, but the other assignments that ask for designs aren’t my favorite. I want to spend more time crafting complex algorithms to better my knowledge and satisfaction rate.

Play: 4 – Somewhat Dissatisfied

I am not happy with how I spend my time searching for joy either. I often lose my time to the endless march of social media shorts. I find joy in creating as well as experiencing powerful stories, yet I don’t ever bring myself to the point of doing either of these things. I want so badly to find joy, but I am losing my time to eternal drivel.

Love: 7 – Fairly Satisfied

I am actually quite happy with the love in my life. I feel very close to my family as well as my fiancé. She and I still have disagreements sometimes as we strive to mesh our lives, but we are growing in our capability to love each other. Life is good. I will strive to improve it still, but I think it’s the strongest part of my life right now.

Reflection Essay:

The love portion of my life is the strongest part of reality for me. I feel close to the people that I care about, and I don’t think that feeling will be changing anytime soon. I am honest with the people I love and they’re honest with me, telling me where I can improve and be better for them. Being with them is fantastic.

The aspects of my life that I need to improve the most are my work and play lives. I am not finding joy in the moments away from work nor am I entering the flow stage of work when I’m doing it very often. In order to improve my work life, I would like to spend more time programming complex algorithms. I find that when I’m problem solving, I enter the flow state really easily. It’s fantastic! In order to improve my play, I would like to spend less time on YouTube shorts and more time doing the things that I find mentally stimulating. Things that are somewhat challenging are so much fun, so I would like to do more of those things!

Chapter 2 –

Workview Reflection:

To me, work is spending time doing something that will further my progress or support other people. This includes both traditional work where I get paid as well as service and taking care of other people. I work because I want to live a better life, and I believe that work will help me achieve the life I hope for. Work makes life meaningful. The things that make work meaningful are the results. Those results can be internal, like personal growth, or external, like a monetary reward. Either of these make work meaningful. If work is done in a way that aligns with your personal values, then the internal results will be compounded upon, making it feel even greater. If you do work that doesn’t align with your personal values, the rewards will feel diminished and carry less worth.

Lifeview Reflection:

Growth gives life meaning and purpose. If you were to go throughout life without growing or changing, you would never feel fulfilled. The core values that guide my decisions are the values that Jesus Christ offered to us. I follow the commandments and values that are given by Him on high, and they allow me to live life in a free and powerful way. I’m happy when I align my will with Jesus Christ’s. Relationships and community both contribute to my lifeview by offering me opportunities to grow more. When working with other people, I grow quicker and better than in other situations. I would define a good life as a life that you can look back with righteous pride. Looking back at the way you’ve spent your time being able to feel good about it is the key definer of a good life. It’s not the accomplishments, but how you strove for them.

Compare and Contrast Workview and LifeView:

There are similarities between my workview and my lifeview. One of the key components of both of these different views is growth. Growth is the reason I work and the driving factor of my lifeview. That’s where they converge the most. I believe that their divergence happens where the motivation lies. I work to sustain myself and others as well as grow, yet my lifeview doesn’t retain the thought of constant sustenance.

I believe that if I were to allow more people into my lifeview I would find more of a purpose to my work. By bringing people into my life, I open myself up to working with and for them, finding more purpose and growth that I never would’ve been able to gain without them. I believe that in order to better align my work and life views, I should focus more on other people. I need to forge better relationships.

Chapter 3 –

I do have a couple of surprises that popped up with me