Penelope Sanchez

Write a short reflection about your Workview

I have worked professionally for more than 10 years in the IT area and during my work experience, my job expectations have changed drastically from my first day of work to today. The main thing I have learned is that my emotional and physical health is the most important thing because if I am not well, I will not be able to efficiently help anyone else. I work because I have an economic need to fulfill, and money is really important in our society. However, I have been very lucky because I have been able to study the career that I chose,   and I consider myself very lucky to have had the opportunity to have chosen the jobs in which I have worked professionally. However, the IT area is very demanding, so I learned to plan my time and try not to mix my activities and times. For example, when I'm at the office I try not to plan personal activities like shopping on my cell phone during my work hours. Also, when I'm with my family I don't like to email or call my co-workers about office-related issues. I am currently studying Software Engineering because my dream is to learn to program professionally in at least one programming language and get a job as an app developer. Lastly, I would like to be able to have my own company so I can have time availability.

Write a short reflection about your Lifeview

Mainly I believe that the main goal of our life is to be happy and return to the presence of our Heavenly Father together with our families. I believe that people should be kind and helpful to each other. In my opinion, camaraderie and not being selfish are important. Personally, I really dislike gossip and social media because, in my opinion, it distracts us from focusing on defining our goals and achieving them. Now I think there is a lot of mental illness because people

compare themselves to other people on social media. Thus, many people fall into depression because they do not consider their lives to be as successful as other people's lives. First of all, the meaning of success is different for each person. Thus, being successful for me is mastering a programming language and reducing my Mexican accent when I speak English. I think money is important, but it is NOT the most important thing in my life. Finally, for me, time is the most valuable thing in the world. In conclusion, I want to spend my time traveling and sharing it with my loved ones.

Keep a Good Time Journal

This semester has been tough because my classes are very demanding, and I have a lot of homework. Also, I have a job from 4:30 to 7:30 and this has affected me as I always feel tired. However, this week I made an effort to read the scriptures daily. This has helped me to be more receptive to the Holy Spirit. Thus, this week I have felt more motivated to meet my personal goals. Also, I have tried to do more social activities with my friends and not just focus on work and school. I feel like this semester I've felt a bit of depression and sadness in my life because lately, I've been feeling too much overwhelmed about my school responsibilities. However, I called my family in Mexico, and they helped me remember that I am studying at BYU-I to achieve my goals and improve my job opportunities. In conclusion, I set a goal to be more spiritual and pray daily to find a way to finish my classes successfully. I know it will not be easy but with the help of my Heavenly Father nothing is impossible.

Keep a Good Time Journal – Part 2

Analysis your data, figure out what does or does not engage and energize you. Use AEIOU method to help

A	E	I	O	U
*Homework *Calling *Social Life *Exercise *Yoga *Meditation *Read This semester I feel overwhelmed because I have a lot of homework to do all the time. But I understand that it is the means to achieve my personal goals. Also, I have a calling to fulfill that I really like because it is an opportunity to get to know the sisters in my ward. Finally, look for relaxation activities that help me keep my body and mind healthy so that I can carry out and fulfill my activities.	*School *Churh *Family *Friends This semester I feel blessed to attend BYU-I where I can increase my spirituality and secular knowledge. Also, I feel comfortable living in my apartment because I have a good relationship with my roommates. Finally, I feel very blessed to attend my ward because the people have welcomed me so kindly.	*Roommate *Classmates *Teamates *Friends *Family The people around me are people who motivate me to work hard and achieve my goals.	*Programming Lenguage *Computer *Cellphone *Books *Ipad *Visual Studio *Canvas To be a Software Engineer I use multiple tools such as my computer, cell phone, books, etc. In addition, I am learning different programming languages that will help me get a job where I can develop professionally. Finally, I also use tools at school like Canvas so I can use the resources in my classes and apply what I have learned when I do my homework.	*Age *Traditions *Major *Character *Religion *Gender I am proudly Mexican and I really like studying Software Engineering. In addition, I am a persevering person and I know that I can achieve my goals if I work hard and meet the requirements of the school to obtain my bachelor's degree. I make an effort to practice daily to be able to learn programming languages that help me create apps and websites.

Mind Map

I would like to commit myself to increase my spirituality and knowledge of the scriptures.

Engagement

- Read Scriptures
- Pray Daily
- Share my Testimony

I would like to increase my health

Energy

- Go to the GYM
- Do Yoga
- Eat Healthy

I want my mental health to improve by doing

Flow

- Spending time with family and friends
- Travel
- Read

Odyssey Plan

1. Is This Something I Would Enjoy Doing Frequently?
2. Once I Finish Working Towards This, Will I Be Happy With My Choice?
3. Will This Make Me Feel Free?

That Thing that you Do

2022	2023	2024	2025	2026	2027	
*Graduate BYU-I *Get an internship – software developer entry level *Start saving money for MBA *Finish a tutorial to create Apps – supermarket/lab *Start doing service in an educational institute. I would like to teach Spanish	*Move to SLC *Get OPT – Software Developer - 1st year *Continue saving money for MBA *Travel to NYC for two weeks *Run a half marathon in summer *Get married	*OPT – Software Developer – 2nd year *Continue saving money for MBA *Travel to California for two weeks *Take the certification of Cybersecurity of Cisco *Have a child	*OPT – Software Developer – 3rs year *Continue saving money for MBA *Take the certification of CCNA of Cisco *Travel to Orlando for two weeks *Apply for the MBA *Take the TOEFL test *Take the GRE test	*Do MBA in Cybersecurity *Get a job in Cybersecurity *Travel to Mexico *Be a master creating apps *Study AI by myself	*Finish MBA *Create my own company *Move to Cancun *Travel to Europe *Visit all the states in Mexico *Create and association to help girl who wants to study	Resources I Like It Confidence Coherence

That Thing that you'd do if thing one were suddenly gone

2022	2023	2024	2025	2026	2027	
*Get an internship – software developer entry level *Start saving money for MBA *Finish a tutorial to create Apps – supermarket/lab *Start doing service in an educational institute. I would like to teach Spanish	*Graduate BYU-I *Move to SLC *Get OPT – Software Developer - 1st year *Continue saving money for MBA *Travel to NYC for two weeks *Run a half marathon in summer *Get married	*OPT – Software Developer – 2nd year *Continue saving money for MBA *Travel to California for two weeks *Take the certification of Cybersecurity of Cisco *Have a child	*OPT – Software Developer – 3rs year *Continue saving money for MBA *Take the certification of CCNA of Cisco *Travel to Orlando for two weeks *Apply for the MBA *Take the TOEFL test *Take the GRE test	*Do MBA in Cybersecurity *Get a job in Cybersecurity *Travel to Mexico *Be a master creating apps *Study AI by myself	*Finish MBA *Create my own company *Move to Cancun *Travel to Europe *Visit all the states in Mexico *Create and association to help girl who wants to study	Resources I Like It Confidence Coherence

The thing you you'd do or the Life you live If money or image were no object.

2022	2023	2024	2025	2026	2027	
*Get an internship – software developer entry level *Take a semester off *Travel to California for a month	*Graduate BYU-I *Move to Cancun *Get married *Start my company *Invest in bitcoin *Matering how to create websites and apps	*Do and online MBA *Take the certification of Cybersecurity of Cisco *Have a child *Visit all the states in Mexico *Matering yoga *Learn a new lenguage	*Finish my MBA *Take the certification of CCNA of Cisco *Travel to Orlando for two weeks *Travel to another continent *Travel to South America *Study AI by myself	*Be a master creating apps *Start a PHD *Work from home most of the time *get a healthy and relaxing life linving close the sea *Continue with my company	*Travel to Europe *Create and association to help girl who wants to study *Continue with my company	Resources I Like It Confidence Coherence