

Health, Work, Play and Love Dashboard

Health

- Definition: It is a physical, mental and social well-being condition of a person.
- Measure: I feel my overall health is at $\frac{1}{2}$ rate.
- Analysis: Being born as an introvert, I am not a big fan of being in large groups. This has affected how often I make friends, and how comfortable I feel well I interact with other people.
- Summary: I feel like this might be a gravity problem because no matter how hard others encourage or push me to socialize more, and if I still don't desire to change, it will all be pointless.

Work

- Definition: It is the activity of implementing something that requires thinking and action.
- Measure: I feel my overall work is at $\frac{1}{2}$ rate.
- Analysis: Acquiring motivation to work harder is very personal. It is a design problem because if a person is motivated, he won't wait to be acted upon, and if the person isn't motivated, then he will perform poorly. I don't have that strong motivation yet, which is hard to find when I am not self-motivated in the first place.
- Summary: I feel like this might be a gravity problem too because "forcing" someone into changing is less effective, unless the person is willing to change and self-motivated. The person first must have a good desire to change.

Play

- Definition: It is the activity of engaging in leisure or fun activities like hobbies and sports.
- Measure: I feel my overall play is at $\frac{1}{2}$ rate.
- Analysis: I don't quite know how to balance my social and personal fun activities, especially as a person who dislikes socializing.
- Summary: I don't feel like this is a gravity problem because sometimes I do find myself being capable and comfortable of socializing (I don't hate it or like it the most), but I only do that if I want to, which is a bad balance. (I rather do fun activities myself than having others involved) I just need to put myself out more, and I do desire to increase my ability to socialize and interact with real people more.

Love

- Definition: It is the emotional feeling of care and affection between individuals which is mostly positive and strong.
- Measure: I feel my overall play is at $\frac{3}{4}$ rate.
- Analysis: I don't see any design problems in this area as I constantly feel loved by my family and friends.
- Summary: I don't see any gravity problems in this area as well. I feel that love comes from the heart, and it puts me in a stable mood naturally.

Workview and Lifeview Compass

Workview

- Work to me is like the implementation process of achieving something. For instance, if my goal for today is to complete 2 assignments, I must put in the effort, focus and energy to be able to complete the 2 assignments by the end of the day. The process is called "work". Work is mostly influenced by motivation and desire, which also means that if I find myself to be less-motivated today, I will end up not being able to achieve the things that I was supposed to achieve on that day. Work brings in desired results and outcomes, like for a company to be successful, they must produce lucrative outcomes in order to compete with other companies. This can never be met without work in general. We need money to invest ourselves in a more comfortable and successful life, as if the person is motivated to work hard to earn a stable life to have a better future. My experience with work is interesting because I find work to be tiring, but worth it at the end of the day because I invested my energy, effort and time to earn money, so I can live a better life.

Lifeview

- Lifeview in general is personal as it represents what we believe, understand and prioritize in our lives. One concern for me is knowing that there are people who tend to believe in the wrong thing which can lead them to undesired outcomes (they see it as a right thing). I have met people in my hometown community who only believes in living a stagnant, unprogressive life because life is short. This group of people tend to neglect education which caused them to live a harder life, where they struggle to buy sufficient food, pay rent or even to be able to afford buying or using transportation. I believe that live in a wonderful opportunity for us to stretch and grow, both spiritually and mentally. I find that this opportunity needs to be made good use of because I only get to live once. I believe that live is a special gift, so I can see my abilities and potentials. I know that God exists because His purpose for us is so we could see and know our potentials to become like Him one day because we are His children who He truly loves. He just wants us to earn the experiences that help us grow to become the person that He wants us to be.

Good Time Journal Entries

Monday

- Shower (Energizing, hygiene, bathroom, personal)
- Make my bed (Discipline, preparedness, bedroom, personal)
- Attended class (Structured, energizing, STC building, formal, electronic devices)
- Grocery shopping (essential, Walmart)
- Apartment cleaning (Discipline, hygiene, my apartment)
- Laundry (essential, preparedness, laundry area)
- Complete assignments (responsibility, preparedness, study desk, laptop)
- Scripture study (spiritual commitment, personal, study desk, energizing, scriptures)
- Workout at the gym (physical health commitment, gym, energizing)
- Practiced the piano (hobby, mental health sustaining, energizing, music room, piano)
- Listening to music (hobby, mental health sustaining, energizing, bedroom, mobile device)
- Cook lunch (essential, kitchen)

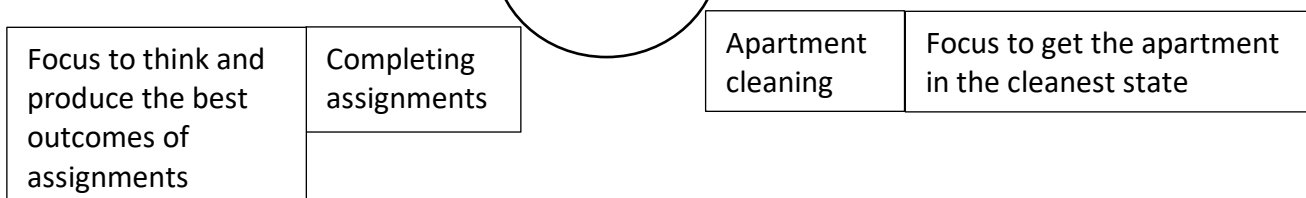
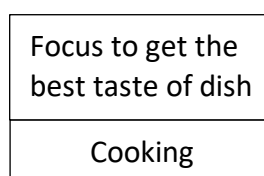
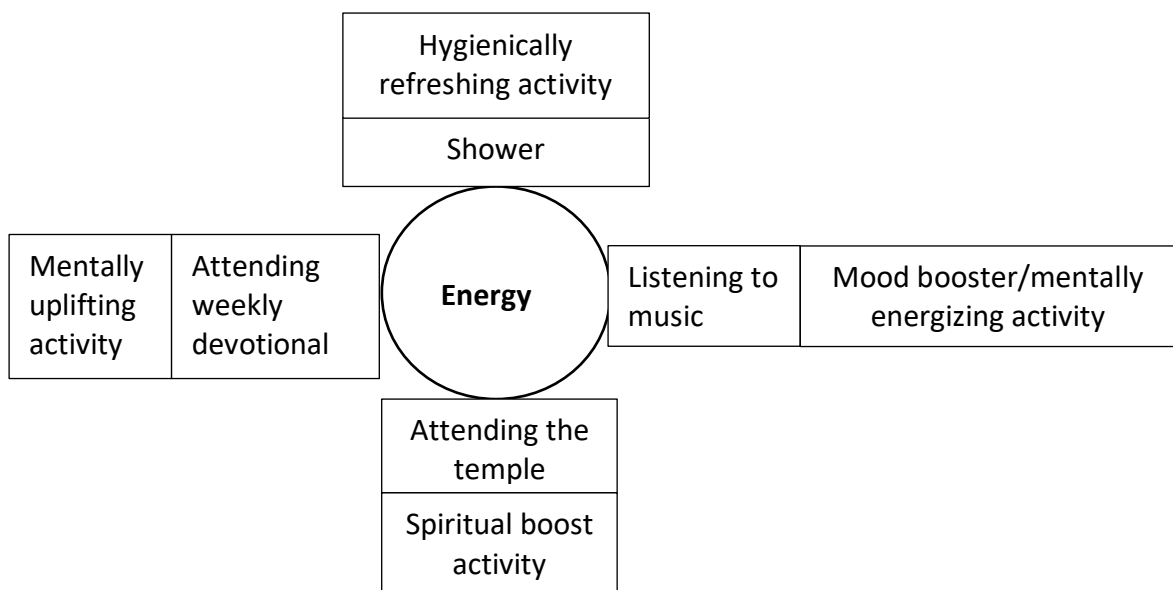
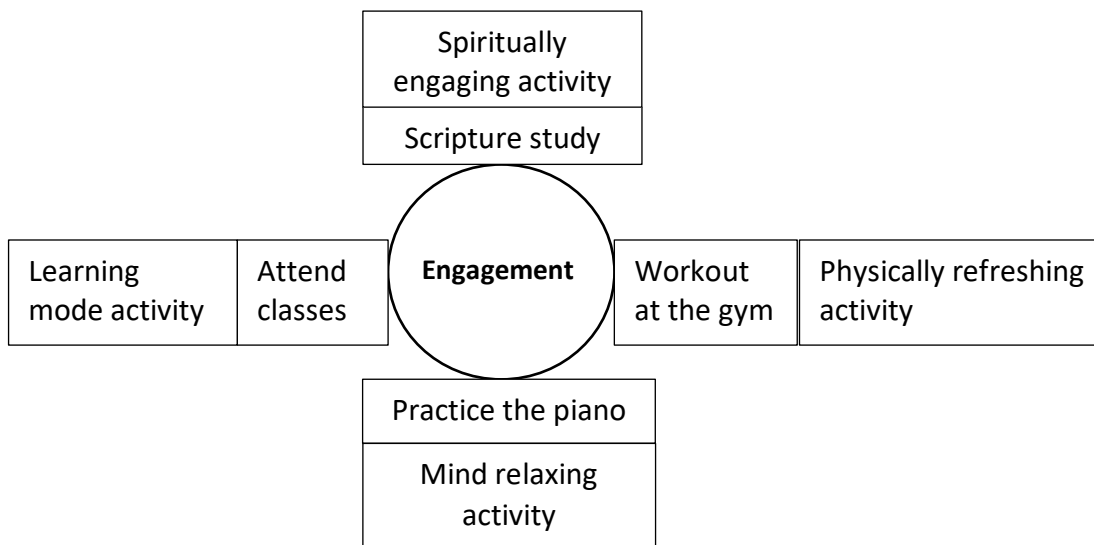
Tuesday

- Shower (Energizing, hygiene, bathroom, personal)
- Make my bed (Discipline, preparedness, bedroom, personal)
- Attended tutor appointment (Structured, energizing, STC building, formal, electronic devices)
- Cook lunch (essential, kitchen)
- Attended devotional (spiritual commitment, uplifting, scriptures and mobile device)
- Attended classes (Structured, energizing, STC building, formal, electronic devices)
- Complete assignment (responsibility, preparedness, study desk, laptop)
- Scripture study (spiritual commitment, personal, study desk, energizing, scriptures)
- Listening to music (hobby, mental health sustaining, energizing, bedroom, mobile device)
- Attend the temple in Idaho Falls (spiritual commitment, personal, uplifting, spiritual preparedness, Idaho Falls temple)

Reflection: I received a call from a family friend to spend the long weekend with them at Salt Lake City. I love spending time with the people that I love, and I value my relationship with them. This involves engagement.

Historical Data: The repetitive activities usually help me to be persistent in retaining my energy for the day, for example, I will feel tired when I don't shower, or I will fall behind class if I miss classes. Hobby activities like listening to music or playing the piano don't involve engagement with others, but they help me to be in a good mood.

3 Mind Maps



Odyssey Plans

Journey for the next 5 years (plan A) – On track to be successful

Year 0	Year 1	Year 2	Year 3	Year 4	Year 5
Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Graduate with honor!	Start with Masters
Break down my interests into one specific interest in software engineering	Create a list of companies to apply for internships with the advice from professors	Be hired in an internship program	Keep a good relationship with the company I worked with as an intern	Submit my resume for various companies from my research and advice. (in the US)	Employed as a permanent worker that meets my desired occupation.
Register for tutor for courses that I am weak in	Construct a complete and structured resume	Focus on my minor business courses along with my major	Focus on succeeding in professional software courses	Focus on refining my interview and communication skills	
Learn a new language in fall semester as a general elective.	Get my driver's license in summer, and buy a car	Refine my own personal software projects.	Keep my personal projects refined for future enrolment purposes.	Keeping track of my resume quality, so I could increase my chance of getting hired.	
Get advice from career center to help with my resume for internships	Work to save money, just in case if I don't get paid for my internship, and I still can survive with my savings	Learn new skills and get new experiences as much as I possibly can from internship period	Keeping track on graduating requirements. Reconsider and evaluate last few beneficial courses to take.	A few months break with family and the people I love in my home country.	

Questions:

1. How can I cope better to master the basics in the 1st year?
2. How can I secure a job from my internship experience?

Resources: 50%

Likability: 80% Excited

Confidence: 65% Full

Coherence: 80% Logical

Journey for the next 5 years (plan B) – no ability to learn new language

Year 0	Year 1	Year 2	Year 3	Year 4	Year 5
Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Score more than 3.8 GPA for each semester	Graduate with honor!	Start with Masters
Get advice from career center to help with my resume for internships	Create a list of companies to apply for internships with the advice from professors	Be hired in an internship program	Keep a good relationship with the company I worked with as an intern	Submit my resume for various companies from my research and advice. (in the US)	Employed as a permanent worker that meets my desired occupation.
Register for tutor for courses that I am weak in	Construct a complete and structured resume	Focus on my minor business courses along with my major	Focus on succeeding in professional software courses	Focus on refining my interview and communication skills	
Taking a minor in business if I don't have the ability to learn a new language	Get my driver's license in summer, and buy a car	Learn new skills and get new experiences as much as I possibly can from internship period	Keeping track on graduating requirements. Reconsider and evaluate last few beneficial courses to take.	Keeping track of my resume quality, so I could increase my chance of getting hired.	
				A few months break with family and the people I love in my home country.	

Questions:

1. How can I balance my minor and my major, and how do I decide how the other benefit the other?
2. What can I do to retain my programming skills when I have a minor to focus?
3. What can I do to enhance both my major and minor skills to turn it into something extraordinary?

Resources: 50%

Likability: 60% Excited

Confidence: 50% Full

Coherence: 70% Logical

Journey for the next 5 years (plan C) – money and image as not priorities

Year 0	Year 1	Year 2	Year 3	Year 4	Year 5
Get advice from career center to help with my resume for internships	Volunteer to be a teacher assistant to serve other students	Refine my own personal software projects.	Keeping track on graduating requirements. Reconsider and evaluate last few beneficial courses to take.	Graduate with honor!	Start with Masters
Break down my interests into one specific interest in software engineering	Create a list of companies to apply for internships with the advice from professors	Be hired in an internship program	Keep a good relationship with the company I worked with as an intern	Submit my resume for various companies from my research and advice. (in the US)	Employed as a permanent worker that meets my desired occupation.
Register for tutor for courses that I am weak in	Construct a complete and structured resume	Focus on my minor business courses along with my major	Focus on succeeding in professional software courses	Focus on refining my interview and communication skills	
Learn a new language in fall semester as a general elective.		Learn new skills and get new experiences as much as I possibly can from	Keep my personal projects refined for future enrolment purposes.	Keeping track of my resume quality, so I could increase my chance of getting hired.	

		internship period			
			Involve other students, so we could help each other in the process of graduating.	A few months break with family and the people I love in my home country.	

Questions:

1. How can I define the priorities in my life? How do I decide and choose them?
2. How do I use my skills and ability to serve others?

Resources: 50%

Likability: 75% Excited

Confidence: 60% Full

Coherence: 70% Logical