

Reflection (Week 6)

Name: Vishnu Soranam

Total Points: 100pts

What is the most significant take-a-way you have gained from your study this week? (10pts)

- My biggest take-away has got to be knowing where I am at in my life as in health, work, play and love. This evaluation process helped me to know myself better by recognizing my areas of improvement. Hence, I will be able to implement ways to refine my point of weaknesses into something that is stronger, so I can be a better person to the community and my family as well.

How would you explain this week's topics to a person not in this class? (10pts)

- This week's topic is all about knowing ourselves better first before making our way to improve our work life balance. There are things that we must do to evaluate ourselves and apply the things that associate our needs and areas of improvements. A good work-life balance causes manageable stress and a better sense of well-being, and that should be the large objective for this week's topic.

How do plan on contributing to the team, besides completing your tasks? (20pts)

- I plan to share my thoughtful ideas from my study preparation, besides just checking the box. Keeping these thoughtful ideas to myself will not contribute to the success of a teamwork. I need to be more open and genuine when I express my ideas, so I could get feedback about it and see how the ideas can actually be processed into refining our team project. The ideas don't necessarily have to be about the "project" itself, but they can be associated with a person's work-life balance, and how they cope with it every day as they go through struggles and stress. Sharing these experiencing can benefit other team members to perform better too by learning from our experience.

Why is this week's topic important for teamwork? (20pts)

- Pressure is very real when it comes to teamwork. Having a good work-life balance helps us to tackle stress and struggles effectively. This helps us to identify and know our priorities in work life and personal life. This week's topic is essential, so we know that it's ok to not be perfect, and there is no such thing as a perfect work life balance.

However, we must know it is not impossible to refine ourselves every day by doing things that help us stay on pace, such as striving for a realistic schedule, having a balanced focus on work, hobbies and families.

How does your experience relate to other experiences you have had? (20pts)

- During my mission, I had to deal with a lot of demanding tasks. I had never dealt with the pain of carrying the responsibility of conducting demanding tasks. The pain was either stress or severe break down. As a boy at a very young age to deal with these things, I learned how important it is to establish a good work-life balance, so I will be able to go through my days, not stress free, but wisely. Wisely doesn't just mean "smart" or "intelligent", but it can also mean, "handling things in the best way possible to avoid the worst possible outcomes". Having this set in my mind helped me to be reminded of my priorities and goals, and not letting my actions be influenced by my emotions. In this way, I was able to manage my time better by not being too hard on myself and fixing my schedule to meet my life's every need (not just work, family or play life. Goal is to have a balance of all 3)

Tell me about what you taught someone? And what did they learn, that they didn't know before? (20pts)

- Since I served a mission, I know what it's like to have a good work life balance. Although the mission was largely on doing hard and demanding tasks, but I knew that I could never escape the fact that I am imperfect. I trained a new, fresh missionary who knew nothing about coping with mission life and its demanding tasks. I would always put myself in his shoe because I knew how it's like to be a new missionary. I taught him about having a good spiritual balance too that helps us stay on pace while doing the hard tasks every single day. I would try my best to relate to him if he tends to struggle coping with stress which is pretty common. By being able to relate, I saw myself being more understanding and compassionate. This has helped the new missionary to learn skills that helped him to develop the habits of maintaining a good work-life balance. I remember one day we were super exhausted although it wasn't time to return to our apartment, we rewarded ourselves with ice cream to celebrate our hard work. He never knew how important it is to treat our body and mind mindfully and caringly. These two important subjects help us put in the physical function to create actions and outcomes.