

## **Health, Work, Play and Love Dashboard**

**Health** - Physically and mentally being able to perform without hinderance.

- 90%
- My goal is to workout a few times a week, sometimes I hit that goal. I bike everywhere. Mentally I feel healthy and seek counseling when needed. I don't eat too much food and regulate junk food.
- -10% I could try harder to get to the gym.

**Work** - A task needs to be done and work is the process of completing task.

- 90%
- I get to my homework before I start anything else for the day. Same goes for scripture studying.
- -10% I could put more effort into some of the work I do.

**Play** - Doing a task with no pressure or worry, no strings attached.

- 50%
- During the day I take breaks to play a video game or watch YouTube videos. I also spend time with my girlfriend playing board games and watching TV.
- -50% Usually I end up working until late at night or till my girlfriend gets home from work and is ready to hangout, usually around 7-8pm.

**Love** - A feeling of devotion concern and affection

- 85%
- Most of this goes towards my girlfriend and we are about to get engaged. I also have love for my family, I talk to my parents about once a week, usually on Sundays.
- -15% I don't talk to my family as much as I should.

## **Work-view and Life-view Compass**

### **Work-view Reflection**

As a society we each bring value to each other. We work to bring value to the collective society and sometimes world as a whole with the work we do. Usually someone needs something and one of us will see that need and start to solve that need. To measure the value of each other's work we assign a dollar value to it. As a result of taking the time to learn how to solve these problems and needs, we grow in those areas which we apply ourselves to solve one of our society's needs. The greater the need the bigger the reward both monetarily and personally.

### **Life-view Reflection**

Ultimately my view on life is a tiered approach. First everything in my life needs to fit within the scope of being a "child of God," a member of The Church of Jesus Christ of Latter-day Saints/child of the covenant and a disciple of Jesus Christ. If anything is to go against this, it is not part of my life-view. Next would be my family, their needs are important to me and when I am married and have children, I will always put them first. They are what bring me the most joy and nothing should impact that relationship. Next

would be how I'm growing in my skills. Activities like programming, woodworking, computer engineering, etc. are all productive skills which impact work-view. These help me provide for my family and those in need. Next would entertainment and how much time I get to relax. This is important to have in my life as it helps recharge me so I can better take care of previous tiers of my life-view.

### **Good Time Journal Entries – AEIOU Method**

**(Activities, Environments, Interactions, Objects, Users contributed)**

**1. Going to a class I like: Engaged, high energy**

Going to class in the morning bring structure to my day. Just being in the STC energizes me because it's so nice and new, most people there are studying similar things.

**2. Going to a class I don't like: Not engaged, low energy**

Going to these classes it feels like the instructor put in little effort which disengages me. Their role is to teach and it's a negative experience.

**3. Scripture study: Engaged, high energy**

This is a structured experience for me that its part of my morning like going to class that helps getting off on the right foot. I get to spend time mostly alone and feel the Spirit and have that guided study. These things lead to deeper understandings of the most important things in life which is very energizing.

**4. Homework for classes I don't like: Not engaged, low energy**

This mostly feels like a waste of time which causes me to put in little effort which demoralizes me.

**5. Homework for classes I do like: Engaging, low energy**

This is where I get to put in my effort and apply myself and grow. Because I have to put in the work here it does lower my energy and I feel tired after.

**6. Playing video game (Battlefield One): Engaging, high energy**

This is a multiplayer game with two large teams 32v32 in a World War 1 setting. This drives my competitive side and helps recharge me because I'm just having fun.

**7. Quality time with girlfriend (almost fiancé): Engaging, medium energy**

This activity helps me unwind and grow closer to my S.O. This usually happens at the end of the day and is something I plan for which helps me figure out what needs to get done before we hangout and end the day.

**8. Tinkering with computer parts: Engaging, medium energy**

Seeing how to better optimize computer speed through researching parts provides stimulus by learning new things and a sense of progression.

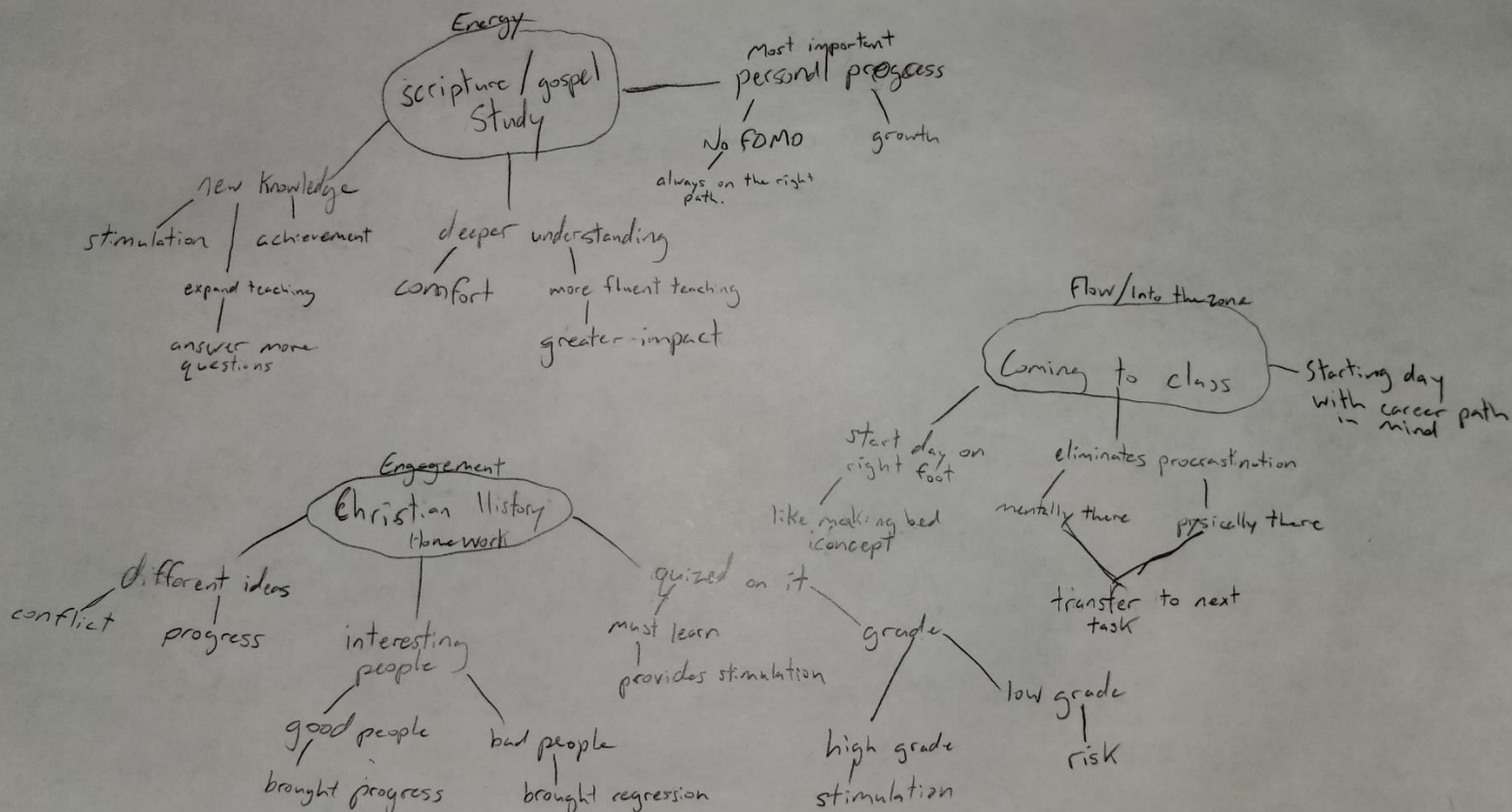
**9. Going to church: Engaging, low energy**

Just like scripture study except its structured by others. It also brings structure to my week as scripture study brings structure to my day. It is a formal atmosphere so it does bring down the energy.

**10. Making food: Engaging, medium energy**

Refining and practicing a skill like cooking is stimulating. It is a life skill and is required every day. Being better at this helps with being a better person through increased nutrition.

### 3 Mind Maps (Engaged, Energy, Flow)



3 Jobs based on mind map ideas

#### 1: Researcher

**Description:** Find new ways that can help improve the quality of a product.

**Job roles:** Accumulate list of technologies, analyze impact of each item and present findings to teams.

#### 2: Personal developer

**Description:** Help individuals optimize their personal and professional lives.

**Job roles:** Identify goals, process steps to achieve goals and analyze each step to fit in client's life.

### 3: Software Engineer

**Description:** Develop tools to help company complete tasks.

**Job roles:** Using Python to implement requirements from teams.

#### Odyssey Plans

##### 1. First Plan

<b>Title:</b> Alternative Technology for Future Development Researcher					
<b>Year 0</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>
Research what classes and steps to prepare to enter field.	Take required classes and/or outside sources.	Take internships and finish school.	Start at entry level and apply self. Continue learning.	Expand roles at job. Continue learning.	Apply for promotion at current company or different company.
<b>Questions:</b> How will this plan help my life-view? Will I be able to start here or transition later from plan #2? How much energy will this take?					
<b>Resources 80%</b>		<b>Likability 90%</b>		<b>Confidence 70%</b>	<b>Coherence 80%</b>

##### 2. Second Plan

<b>Title:</b> Python Software Engineer Implementing Data Structures					
<b>Year 0</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>
Research what classes and steps to prepare to enter field.	Take required classes and/or outside sources.	Take internships and finish school.	Start at entry level and apply self. Continue learning.	Expand roles at job. Continue learning.	Apply for promotion at current company or different company.
<b>Questions:</b> Will I get bored and is this satisfying work? Is there room for growth? How will this make me a better person?					
<b>Resources 50%</b>		<b>Likability 80%</b>		<b>Confidence 95%</b>	<b>Coherence 75%</b>

##### 3. Third Plan

<b>Title:</b> Personal Development and Professional Productivity Consultant					
<b>Year 0</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>
Learn ways of productivity.	Formulate my own program.	Apply my program with those close to me.	Publish results and findings of my program online in a way to attract clients.	Build client base. Continue expanding presence in field.	Seek out ways of helping the most people possible.
<b>Questions:</b> Will I have a positive impact on people's lives? How will I be different from others in field? How can this better my life-view?					
<b>Resources 95%</b>		<b>Likability 90%</b>		<b>Confidence 50%</b>	<b>Coherence 95%</b>