**USER MANUAL FINAL**

WHERE AM I IN THIS FOUR AREAS

* HEALTH
* WORK
* PLAY
* LOVE

**HEALTH**

It is to be well, not only physically but mentally as well. If we have a balance between the two, our health will be better. This includes exercising frequently, maintaining a healthy diet, as well as managing stress and pressure that can arise from our daily activities.

**WORK**

I have worked a few times in my life, such as at UPS (call center) as well as in landscaping. Currently, I earn money working at the university 4 hours a day. I have worked from home in the past and currently work in person. Not only this type of work, but there is also church work, such as ministering or having a calling that requires our time and effort.

**PLAY**

The fun things that make me happy are soccer, doing things outdoors, and spending time with my friends.

**LOVE**

The love in my life flows mainly with my family, as well as my girlfriend and friends. They are the people who motivate me to be better. As mentioned, I like soccer very much, besides people I also have a great love for the Barcelona team. Lately, but more importantly, I have a great love for the gospel and Jesus Christ.

**Dashboard Showing if I am fully good in this or I still have some improving to work with.**

First Row (Health), Second Row (Work), Third Row (Play), Fourth Row (Love)

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In summary, I still have to work on some of these aspects, especially in work and love. Many times, it may seem tiring or that we can't handle a situation, but if I can find a balance in these 4 stages I will be able to maintain control in my life and see positive results.

**WORKVIEW REFLECTION**

I think that work is essential not only because it generates money, but also as an experience in many aspects that can later benefit ourselves and other people. Work means dedication, effort, among other skills to achieve a goal, either individually or in a group. As mentioned, work allows us to be worthy of a salary. Many people think that money does not bring happiness and it may be true, however, money allows us to participate in some things that make our life easier and more comfortable. It is even more important when you have a family and have to provide for their survival. In some jobs when we are new, we may feel afraid, shy or that we can't, however, with the passage of time we can have that experience that we need so much and learn from our mistakes that will make us grow in any job and thus be able to achieve our goals.

**LIFEVIEW REFLECTION**

Sometimes I wonder what my purpose is in this life. Looking at it from a religious perspective, we learn in the scriptures that man exists to have joy. I believe that joy can be achieved in many ways. We can have joy in the gospel, in our family, in friends or in experiences that help us to be better and that we enjoy. Our family is essential for us to achieve our goals. Personally, they motivate me to keep moving forward even when it seems impossible to keep moving forward. In my life I have been in the situation of making difficult decisions, I have always sought to follow the guidance of a healthy spirit to make the right decision. Not everything is perfect in this life and sometimes there will be suffering, pain and problems. If we trust in the Lord and act with faith, we will see how those problems are solved and we will see miracles in our lives. Not everything happens in the time we want it to, but in the time, God thinks we need it to, we just have to be patient and hope for a better future.

**GOOD TIME JOURNAL ENTRIES**

* Last Friday I had a soccer game; it was the semifinals and I was able to score a goal. This made me very happy and we are ready to play the final.
* A month ago, I celebrated my one-year anniversary with my girlfriend and we went to eat at a restaurant in Idaho Falls. She ordered seafood and I ordered steak. We had a special and incredible time.
* Last Wednesday at work I was carrying a machine that was a little heavy and almost seriously hurt my arm. Luckily nothing bad happened and I was able to continue to the end.
* A week ago, I was doing a programming assignment in which I had to write a program that would mirror 2D images. It was very interesting to learn how to do it.
* Last Saturday, my roommates and I had a trip to Yellowstone. We saw a lot of amazing things in nature.
* A few weeks ago, some friends and I went to a scare house. We saw some clowns and hiked in the cold in a forest. We had an amazing time and there were some scary moments.
* A few days ago, I was able to see some international student acts. I was able to enjoy different dances, songs and other performances. This helped me to learn about other cultures and see the beauty of them.
* As an FHE activity we went to a river to swim 2 weeks ago. The river was quite cold; however, we were able to enjoy a very joyful time and beautiful scenery.
* Two months ago, I was able to travel to Utah so I could visit my brother and help him with some preparations for his wedding in November. I am very excited for him and his future wife.
* Last night I went to a party and the police arrived because some people complained that it was too loud. It was the first time I have seen that happen in my college days. After that we were able to find another place and continue with the celebration.

**MIND MAPS**

Engagement

Programming Assignment

Energy

Yellowstone Trip

Flow

Soccer Game

**JOB DESCRIPTIONS**

* For the first one you must have programming and teamwork skills. This job requires you to be able to be efficient in solving problems and troubleshooting code so that the program can run correctly.
* For the second you must have a good relationship with nature and with activities outside of a building. To get there you must have a driver's license and have passed a driving test.
* For the third you must have professional attitudes in soccer. You must know how to maintain teamwork and maintain a balanced diet so that you can perform better on the field.

**ODESSEY PLAN**

**Alternative Plan #1**

6 Word Title: Being at School – Prepared for marriage

* Finish this year with the best grades possible and start looking for job opportunities.
* Learn other programming languages.
* Graduate from college.
* Work as a web developer and get married.
* Start a family.

QUESTIONS

Will this life be fulfilling?

Am I following the right path?

Am I studying the right career?

RESOURCES (75%)

I LIKE IT (Hot)

CONFIDENCE (Mostly Full)

COHERENCE (60%)

**Alternative Plan #2**

6 Word Title: No cars – develop a way of transportation

All the cars are gone

Design and build a new way of close transportation

Learn more about engines and mechanic

Create a commercial for the new transportation

Build the model faster and more powerful

Sell the model

RESOURCES (45%)

I LIKE IT (Cold)

CONFIDENCE (A little less than a half)

COHERENCE (20%)

**Alternative Plan #3**

6 Word Title: A life without worries

Finish all my studies.

Get a car and a house.

Create a company that develops software.

Travel the world

Start to create a new city

Give work to others

QUESTIONS

Is this plan realistic?

Is creating a new city important?

How am I going to fulfill this?

RESOURCES (50%)

I LIKE IT (Kind of warm)

CONFIDENCE (half)

COHERENCE (35%)