

Beulah Heights University

Submitted to Mae Reggy

In partial fulfillment of the requirements for the completion of

ATh 115 Foundations for University Life and Ministry

by

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### 1) What are my lifetime goals?

My lifetime goals are considering my passions and purpose in life. One of the most important goals I have is to die doing what I enjoy most, helping others. First, my family, then the world around me. I believe everyone was created to help their fellow human being in some way. We all have different ways of helping and my gift is encouraging. My second lifetime goal is becoming a successful Automation technician. I love machines and learning how to maintain them and how they work.

### 2) What are my time management strategies?

My time management strategies are very few and have become challenging to stick to them and follow them through. One thing I see that works well for me is writing things down on a calendar. I have a calendar in my phone, and I can easily set a timer to remind me of something I have to do. Because I have a huge family and things come up, sometimes it's still a challenge to complete a task. In the future, I need to add spare free time to balance things that come up unexpectedly.

### 3) How do I handle procrastination especially during times of heavy workloads e.g. family, job, church etc.?

Procrastination is also a challenge for me during my busy schedule. For the past few years, I have failed in this area of my life. I find myself being over stressed when I don't stick to my schedule to get things started and completed. One of my goals is to complete my memoir. I have procrastinated many times on finishing. Usually, I'll begin writing when it crossed my mind

while I'm relaxing or enjoying free time. A lot of times my wife would help remind me by asking if I'm finish with my book.

4} How do I manage my money to achieve financial goals?

One way I manage my money to achieve my financial goals is by setting a budget on what we can spend every week. Because me and my wife has a big family, budgeting is very important. When we go shopping for food, we make a grocery list. When we need household things, we take a note throughout the week to keep track of what we need and calculate the cost before we both get paid on Friday. By establishing a budget, we can have money left over to invest in things that will bring us a future return.

5) What is the most important thing I learned from chapter 5

The most important thing I've learned in chapter 5 is to aim for excellence, not perfection. It's so easy for me to aim for perfection because most of my life I was called a loser. I'm always trying to validate myself to others because I grew up without a father. I wanted him to validate me as a young child and because I missed that part of my life. I sometimes find my self looking for it. I was also in and out of jail, so now I find my self trying to prove I'm a better person. Not on purpose, but it has been an ongoing habit that I'm trying to break every day. This chapter has showed me that it's ok to fail and continue going, instead of stopping.