

JUST FOR FUN:	SEBASTIAN	JANAE
A book I highly recommend is:	I read mostly non-fiction. My favorite right now is "Leadership and Self-deception." Excellent book on relationships and leadership.	I read Brandon Mull's Fablehaven and Beyonders series aloud to my kids--we loved them! We love books that have action and adventure and make us laugh out loud.
A game I like to play is:	All kind of sport games since I can't beat Janae at Uno.	I'm an Uno master. Pretty much no one can beat me. I also have some bowling skills...on the Wii. I really stink at real life bowling. Sebastian is a wiz at pretty much every other game we play. As a family we enjoy Apples to Apples and Incan Gold.
The music I listen to most is:	I do like a variety of music although right now, I would say I listen to "folk rock" quite a bit. I like some songs from Mumford & Sons, Phillip Phillips, Avicii and the Lumineers.	I like variety! I think I have 100 stations on my Pandora account. I like world music, classical, bluegrass, jazz. I can't get enough of Louis Armstrong and Ella Fitzgerald. I hate to admit it, but I'm a sucker for 80's pop, for which Sebastian teases me mercilessly.
My favorite band is:	Truthfully, I loved Pearl Jam back from the 90's. They had some great songs.	That changes all the time. Right now I like Imagine Dragons, The Pentatonix, Phillip Phillips and the The Wailin' Jennys.
A movie I watch over and over is:	That is easy since there really is only one show I watch more than once. I watch Elf every Christmas. Love that show.	We almost never watch movies over and over again. We like to see new things. I think I could watch North and South again, it was really great. We recently watched the Back to the Future and the Narnia movies with our kids.
A T.V. show I watch regularly is:	Currently, I think it really only is S.H.I.E.L.D. I am open for suggestions though. We don't watch much TV but if we get into a show or a series it is hard to stop it. I think that the last series that I finished was Fringe.	We don't really follow any particular shows. We've watched the entire Roots series together--that was life changing. We have been watching Marvel's Agents of S.H.I.E.L.D. just for kicks. My dad instilled in me a healthy love of all things super hero. I also enjoyed Psych, Chuck and Monk.
My favorite quote is:	I have to steal this one from Janae--she shared the Aristotle quote with me. I think it describes the goal of life almost in my mind. "We are what we repeatedly do. Excellence, then, is not an act, but a habit."	I used to have a poster on the back of my bedroom door when I was growing up. The words have stayed with me through the years: "It's nice to be important, but it's more important to be nice." Great words to live by. I have one more favorite: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." ~Aristotle
My favorite thing to buy is:	Honestly...items for the home. I would love to buy a nice car one day too.	Sheet music, books, flowers and food.
I drive a:	Embarrassingly, a Toyota Camry and I consider	A silver Volkswagen Passat station wagon. There are

	myself a car guy. One day I will redeem myself from this vanilla ride.	always reusable grocery bags and picnic blankets in the back--just in case we need an emergency picnic or something.
If my house was burning down and I could only rescue three things, they would be:	Family, photos and computer to save the hard drive if possible.	My family, my photos and journals!
A smell that makes me pause is:	Utah lake sometimes. It has some weird smells.	Clean laundry, baking bread, a barbecue grill smoking something delicious. Babies--they smell like heaven.
My favorite sport to watch is:	College football and Stanley Cup play-offs. Growing up in Sweden, you have to watch hockey and I would watch Stanley Cup games in the middle of the night if I could.	Dance and musical theater. Those are sports, right?! I love to watch my kids swim in the summer time and my son play soccer in the fall.
The city I would most like to visit is:	I would love to see some parts of Europe and especially Italy, so I would say Rome. But there are many cities on this list.	I love Stockholm, Sebastian's home town. Africa has always been on my bucket list.
My favorite restaurant is:	I don't have a favorite place. I love BBQ and Mexican but I also like some of the sandwich shops as well.	There's a little place close to our house that makes the best chips and salsa I've ever had. I love BBQ, Thai and Indian.
A moment when I achieved absolute happiness was:	This is also really easy but it may come across too cheesy. But I still remember when I saw Janae for the first time after we got married (we went back to respective dressing rooms after our sealing). I was waiting for her and she came around the corner and I couldn't believe how lucky I was to have such a beautiful wife. Sorry if that was too cheesy.	I feel really lucky to have a lot of joy in my life. Serving a full time mission and watching people's lives change for the better--that was amazing. The day I married my sweetheart opened the door to the greatest joys of my life--companionship with a great man. Holding my two little babies for the first time--that was unspeakable joy.
My favorite meal is:	I do enjoy a medium steak with potatoes.	We have huge traditional Swedish meals for breakfast and dinner at Christmastime. I cook for weeks in advance and we eat ourselves silly.
Someone or something that made me laugh this week was:	A YouTube video of a little kid scared to death of the fish he'd just caught. Funny and really cute.	Sebastian makes us laugh all the time. Family Home Evening was a little out of control this week, but in a good way. Most of our family meals and Family Home Evenings end in complete silliness.
The story behind my name is:		My mother liked the name "Janae," I think. If you say my name in Swedish it means "yes-no." Sebastian's grandmother thought my name was hilarious.

When I exercise, I like to:	I picked up road biking last year and I enjoy that. And I still like all kinds of sports. Tennis is one of my absolute favorite sports to play and it is actually a great workout as well.	Mowing my lawn, seriously. Working in my yard makes me feel really happy. I love seeing things grow. Hiking with my family and going on bike rides together are a close second and third. I enjoy swimming.
My favorite thing to do on a date is:	I like doing something that allows interaction, like going on a hike. I also enjoy eating. It is fun to try new foods.	Eat out! Seb and I love to discover new foods together. We just came back from Washington DC where we ate Ethiopian, Indian and Afghan food, and they were all delicious!
The best vacation I ever had was:	For sure our east coast trip almost two years ago. It was great seeing places you only had seen on TV or read about, and to be in the places where history happened, and is being made.	We took our kids on an east coast adventure a year and a half ago--we rode in a New York taxi cab, watched the Lion King on Broadway, cried at the 9-11 Memorial and gaped at the sheer number of people milling the streets. We also walked the Freedom Trail in Boston and toured New Hampshire and Vermont with my parents, who were serving an LDS mission at the time. We made so many precious memories.
The best thing about being married is:	I think it is being part of something that makes a whole. My wife and I share the same core values but have some different interests and personalities which help me grow and be a better person. I think my wife is the best example to me of who I want to be.	Just having him there--cuddling next to me in the evening while we watch TV, talking late into the night, holding his hand. I want him there, beside me, forever.
The thing I am most passionate about is:	In one word - opportunity. I love the concept of helping create opportunity for people. Those people may be the people I work with, but first and foremost, I like creating opportunities for my family.	I feel passionate about doing whatever I need to so that my family will be healthy, happy, kind and good.
Favorite Disneyland Ride:	California Screamin'	Space Mountain, no, Pirates of the Caribbean, no, Star Wars. Forget it, I can't pick. I love everything about Disneyland!