

The Fulfillment Chronicles

Personal Development Point Solutions

June 2024

A lifetime of authentic personal development is essential to growth and fulfillment. Multidisciplinary Point Solutions contribute to **Lifelong Fulfillment** processes, and provide important skills you will need in your quest for a life well lived. In a world as complex as the one in which we live, monomania for any single pursuit comes at a cost; consequently, a grounding in key disciplines is key. One cannot ignore the realities of the environment in which we live, grow, and mature, whether it is our main focus in life or not. Basic math, science, economics, psychology, business, and history are important inputs to your lifestyle plans.

In an environment with ever more demands on our time and attention, it pays to be able to focus based on one's own priorities. **Lifelong Fulfillment** is effective at this for the needs of Young Adults, Mature Adults, and Retirees as individuals grow their personal expertise, experience, and vision. Let's survey some Point Solutions of note.

Environment

White Noise has to do with the **ability to distinguish a specific signal from surrounding background noise**. If noise is high, it is hard to hear the signal. Eliminating noise can help us discriminate in favor of information and communications that advance our agenda and don't dissipate our valuable time and resources with irrelevancies. As a practical matter, there are distractions in life that defocus, delay, and confuse our progress. In the hyper connected communication environment we have today, entertainment, internet, and email produce huge volumes of content that can distract from the acquisition of the exact information of interest. **Lifelong Fulfillment** maintains focus by using rationally developed lifestyle plans, the Pareto Rule, the Strategic Inflection Point, the Diminishing Point of Returns, and closed loop measurement of results. You too can stay focused.

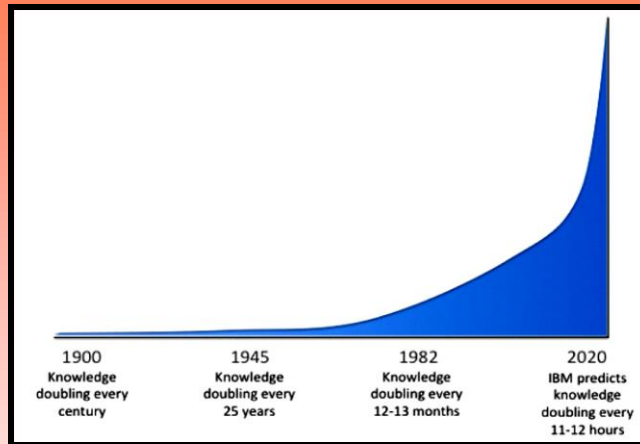
Education

Education is perhaps the most significant contributing factor to personal success and fulfillment. Here are some reference points you may find informative.

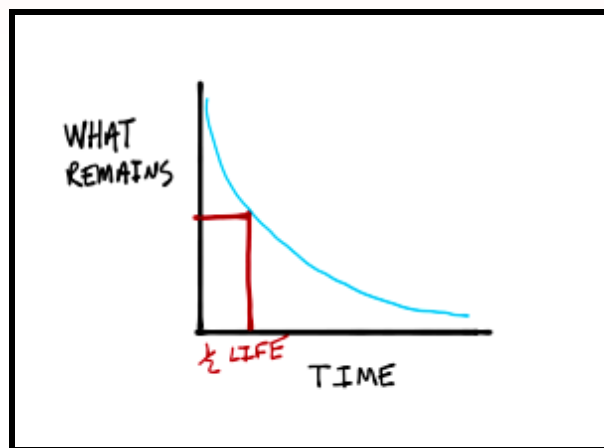
The learning curve hinges on the expectation that it takes people time to master a task or body of knowledge, and that the results will improve over time, sometimes quickly, sometimes slowly, as people work to approach peak performance or knowledge. It was conceptualized by psychologist Hermann Ebbinghaus in 1885 to measure efficiency and to forecast costs. So, every time you learn a specific subject, a process, or a discipline, you are on a learning curve to mastery.

Learning retention is about 10% of the information presented. It's a good start, but far from what you will really need. If you choose to actually practice the principles and processes you can achieve something approaching 70% mastery. If you choose to train others you may approach 90% mastery of the subject matter.

Did you know that **Information grows at explosive rates** across multiple disciplines ([Marc Rosenberg](#))? Information is growing at an exponential rate beyond the ability of individuals to keep up in their own areas of interest, much less in various important areas peripheral to their primary interests.



Did you know **the validity of facts has an ever declining period** ([Samuel Arbesman](#))? “The half-life of knowledge or half-life of facts is the amount of time that has to elapse before half of the knowledge or facts in a particular area are superseded or shown to be untrue” (Wikipedia). A century ago, it would take 35 years for half of what an engineer learned when earning their degree to be disproved or replaced. By the 1960s, that time span shrank to a mere decade ... Modern estimates place the half-life of an engineering degree at between 2.5 and 5 years” (Shane Parrish, 2018). It could take 10-20 hours of study per week to keep up an engineering degree according to **Modern Workplace Learning** (Jane Hart, 2020).



Incomes track education; the more education, the better the outcomes in terms of income and unemployment. Only one third of US citizens report baccalaureate degrees or higher.

<u>Education Level</u>	<u>Unemployment % in 2020**</u>	<u>Median Weekly Income in 2020**</u>	<u>Quantity @ 2020*</u>
PhD	2.5%	\$1885	4,683,000
Professional	3.1%	\$1853	3,387,000
Masters	4.1%	\$1545	23,857,000
BS/BA	5.5%	\$1305	55,791,000
Associate Degree	7.1%	\$938	25,463,000
Some College	8.3%	\$877	44,109,000
High School	9.0%	\$781	70,199,000
< High School	11.7%	\$619	24,682,000

2020 US Census* and the US Bureau of Labor Statistics

When choosing a profession matching earning potential to your interests the US Bureau of Labor Statistics can help. In 2020, the top 140 of 1036 US occupations drive 80% of annual mean wages (www.bls.gov/oes/current/oes_nat.htm). The top 10 positions were

- Anesthesiologists
- Surgeons, Except Ophthalmologists
- Obstetricians and Gynecologists
- Orthodontists
- Oral and Maxillofacial Surgeons
- Physicians, All Other; and Ophthalmologists, Except Pediatric
- Psychiatrists
- Prosthodontists
- Family Medicine Physicians
- General Internal Medicine Physicians

Economics

Economics is integral to our lives. For instance, with a US population of about 330 million, our democracy is a skewed normal curve of incomes in which the wealth of the nation rests in the hands of a few. You might think the wealthy spend thereby creating jobs and income for others, but it's not so. This means it's a struggle for many.

- 22% of workforce (29M) @\$150,000+/yr, delivers 80% of total 2022 US incomes
- 78% of workforce (102.4M) delivers 20% of all total 2022 US incomes
- Financial advisors recommend 50% of your income for needs, 30% for wants, and 20% for savings. The average household spent **97% in 2022 on Needs**, led by taxes, transportation, medical, and food.

Thumb Rules

Thumb Rules are just common wisdom accumulated by trustworthy authorities that reminds us what works. We grow up with phrases like “never give up”, so this shouldn't be something new to you. Here, it is focused on how to develop your lifelong fulfillment. Here are a few for your consideration.

Pareto, not Perfection! Perfection is the enemy of sufficient/adequate – this is wasteful, concentrating attention on the last 20% of return of an investment	Expect the unexpected, so have a priority Plan A, a backup Plan B, and emergency Plan C.
What's In It For Me (WIIFM) <u>must</u> always be answered by you for others and by you for yourself	Persistence is everything. Don't get discouraged, keep plugging.
You will encounter Fear, Uncertainty, and Doubt (FUD) . How will you manage it?	Keep your own counsel and integrity. Learn to think for yourself.
Communications are 55% body language, 38% volume/pitch, and 7% words. Phone, internet, and face masks eliminate body language, and some volume/pitch inputs.	Measure everything in Return on Investment (ROI) and Time , including endeavors that return qualitative or non-quantifiable results.

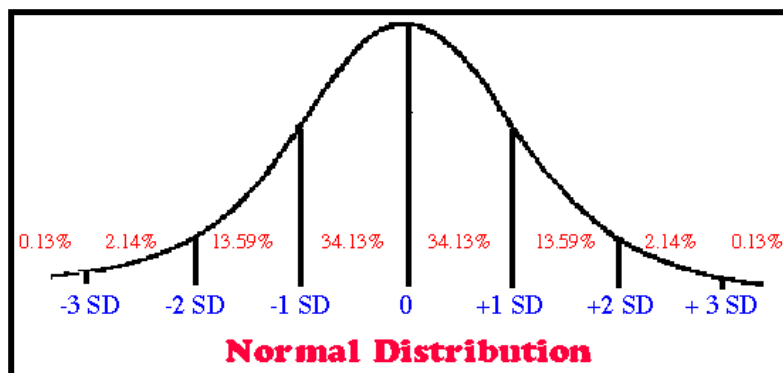
Mathematics for Life

Mathematics can be especially helpful with making good decisions, knowing how much is enough, when circumstances have changed, and with maintaining focus. Here are some basic concepts you need to be comfortable using.

The Pareto Rule, or the 80%/20% rule, is truly powerful in helping us think about situations, investments, “common sense”, and optimizing our time, resources, and returns. It states that 20% of returns are delivered by 80% of investments/activities/focus, and **80% of returns are delivered by 20% of investments/activities/focus**. 80% returns should be our focus always. It behooves us to invest wisely with our limited lifetime, resources, finances, and knowledge. In most instances, it refutes any pursuit of perfection. It is imperative to master and act on this message.

Point of Diminishing Returns is when the next increment of investment returns less than the one before, at which point additional effort or investment is NOT warranted. Time to find something else with a better returns.

The normal curve is defined as a bell-shaped curve showing the frequency distribution of all the values measured; it is also called Gaussian curve, probability curve, or bell curve. The area under the curve represents the probability of occurrence within the population tested. The probability distribution can be skewed to low/left, high/right, or middle/central values. The ideal normal curve is symmetrically distributed around a center *mean/median/mode* value such that 50% is below the median and 50% is above the median. The *standard deviation* measures the spread of data values. One standard deviation will account for 68% of all the data located immediately above and below the median. Two standard deviations accounts for 95% of all data. We see this curve often in population statistics, and it is how many plan their activities so as to satisfy the marjority.



Human Relations

Everything in life is about living, working, understanding, and interacting with our fellow humans, and them with us. We rarely do anything totally alone. We depend on others informally, and formally through institutions, businesses, and governments. The better we get at interpersonal relationships, the better our results will be.

Do You Know **What You Don't Know And Something You Can Do About It?** The Johari window is a technique designed to help people better understand their relationship with themselves and others. It was created by psychologists Joseph Luft (1916–2014) and Harrington Ingham (1916–1995) in 1955, and is used primarily in self-help groups and corporate settings as a heuristic exercise ([Wikipedia](#)). It is organized as follows:

- 1) things known to you and others (ARENA),
- 2) things known to you and not to others (FAÇADE),
- 3) things known to others and not to you (BLIND SPOT), and
- 4) things unknown to others and to you (UNKNOWN).

		Known to self	Not known to self	
Known to others	<ol style="list-style-type: none"> 1. My history, family, roots, profession, .. 2. My façade 3. My preferences? 	Arena	<ol style="list-style-type: none"> 1. How I am perceived in word and deed by others. 2. Resources I might benefit from 3. Information I don't know 4. How others can help me 5. Discontent, stress, ... 	Blind Spot
	Not Known to Others	<ol style="list-style-type: none"> 1. My current, confidential status 2. My elation, depression, anxiety 3. How others can help and support me 4. My need for change 	Façade	<ol style="list-style-type: none"> 1. How to develop, prioritize, plan, act, and operate my life for fulfillment. 2. My current self, status, resources 3. Alternative methods to get what I want

Go to www.lifelongfulfillment.com for the eBook, FAQs, Resources, and to subscribe to **The Fulfillment Chronicles**.

Point Solution Book Review

Book Review – Naked Economics, Undress the Dismal Science, Charles Wheelan, 2010

Naked Economics is a revelation! Wheelan discusses everything economic, none of it dismal, and every bit of it with real world information for individuals, parents, investors, businesses, governments, presidents, and institutions like colleges, the World Bank, and the International Monetary Fund. Informative and entertaining, it reveals what and why money is, how capital is raised, used, and preserved, how risk is insured, and the ins and outs of speculation, saving, investing, risks vs rewards, diversification, and long and short run performance, including,

Economic Theory and What It Means to Me

- Currency Foundations and Exchange Rates
- Disruptive Technology, Businesses, Products, and Services
- Economic Moralism – wealth and incomes, environmental, global warming, sweat shops
- Financial Regulation
- Governmental Roles in Economics
- Growth in the Wealth of Nations
- Inflation
- The US Federal Reserve and Their Worldwide Counterparts
- Thought Leaders in Economics
- Totalitarian vs Democratic Economics
- Trade vs Isolationism – net net, trade is good
- Utility (Value) Theory

And, Do You Know?

- Sweat shops, an emotionally fraught issue, might be appropriate in terms of entry level versus no employment in economies without adequate employment opportunities or skilled labor.
- Global economics often disadvantages the very economies it seeks to promote.
- Your participation, whether default or active, determines your effectiveness in securing, banking, and investing resources that support your goals.

Point Solution Podcast

[TEDxBlue - Angela Lee Duckworth, Ph.D - 10/18/09 - YouTube](#)

Learning Curve: Definition, Theory (Graphs), and Examples, 2021, Katherine Quan,
www.gettingpeoplerright.com

[Factfulness: Ten Reasons We're Wrong About the World by ...](#)