

# The Fulfillment Chronicles

## Retirement Fulfillment Plans

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In general, Retirees are those individuals between 50 and 80 years of age focused on self discovery, acquiring fundamental knowledge, experience, and experimentation in all areas of human endeavor, and increasing their self determination.

Looking back, you can only assume you received the best available contemporary information, guidance, and training from your parents, coaches, teachers, university, and employers. Nevertheless, it has always been up to you to choose, and you are likely to find that initially you lack the knowledge and tools to weigh things and make good choices. This situation should make you eager to pursue information, tools, and logical integration of diverse disciplines so it can inform your choices and empower your lifestyle and fulfillment. So, do you know the way to Pareto? Are you average or divergent in your thinking? Read on and find out.

Of the many point solutions in business, economics, psychology, and self help available to the public, the ones posted here are a start up selection of recommended resources to help young adults establish deliberate, enlightened, and actionable perspectives and skills. With these point solutions in hand, **Lifelong Fulfillment** then empowers individuals to understand who they are, what they want out of life, the necessary financial, educational, and environmental information they need, and to master a robust and dependable process that delivers results.

Start reading and augment your critical thinking skills with starting points in income, expenses, economics, business principles, mathematics, and some useful thumb rules relevant to personal development. Try setting yourself a modest trial problem or a proposition; then, do research to figure what alternatives there are that appeal to you. Practice your factual decision making. Develop confident conclusions from your research. Start asking: “what can I trust”, “who can I trust”, “what is reliable”, “what is biased”, and “is it valid for my priority goals”? Share your findings with friends, family, teachers, and experts for their perspectives to augment your own insights. Ask recognized authorities.

Finally, work through the Lifestyle Development Processes to gain experience in the project workflow, your personal inclinations, your priority goals, and your action plans for getting to your objectives in light of constraints and resources. A couple of weeks after you have completed this, ask yourself if it still seems right. If so, great! Work the plan. Measure results. Re-iterate the plan.

### Lifestyle Development

**Determine Who You Are and What You Want** – Myers Briggs, VIAS, DISC, DoGL, and risk profiles

**Identify Likes & Wants, Dislikes & Demotivators** - what makes you happy and fulfilled, and what aggravates, demoralizes, and depresses you

**Access Strengths, Weaknesses, Opportunities, and Threats (SWOT)** - including health, financial resources, education, transportation, employment, intuition, emotional control, maturity, people network, knowledge, work experience, self awareness, friends, family, acquaintances, habits, optimism, and persistence

**Determine What I Don't Know** – the Johari Window identifies 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) with the goal of improving your knowns in every quadrant.

**Brainstorm Preferred Interests, Activities, and Relationships** – your unbiased wants without consideration for constraints, prejudice, or judgements

**Evaluate Resources and Constraints** – identify your means, do a personal income statement

**Develop Priority Plan Objectives** – prioritize the brainstorm objectives and focus on the top 20% only, resolve resources and constraints about these, finalize the plan and required actions

**Live the Priority Plan**– work the plan

- **Experiment, Test, Research, Learn** – to perfect and refresh the plan as or when required. Learn applicable psychology, business, economics, math, and other core concepts, tools, and processes.
- **Integrate Results Into Revised Objectives** – ETRL, measure results and feedback to the plan
- **Refresh the Objectives** – revise plans and actions

## Retirement Resources

**Lifelong Fulfillment, Take Charge of Your Life!**, Jim Boswell, 2023, [www.lifelongfulfillment.com](http://www.lifelongfulfillment.com)

## BUSINESS AND ECONOMICS

- **The Paradox of Choice: Why More is Less**, Barry Schwartz, 2009 ([The paradox of choice | Barry Schwartz - YouTube](#))
- **Why the secret to success is setting the right goals**, John Doerr, 2018 ([Why the secret to success is setting the right goals | John ...](#))

## CONTRARIAN VIEWS

- **Digital Minimalism**, Cal Newport, 2019 ([Digital Minimalism with Cal Newport - YouTube](#))
- **Myths, Lies, and Downright Stupidity**, John Stossel, 2006 ([John Stossel - Myths, Lies, and Downright Stupidity 5 ...](#))
- **Survival With Style**, Bradford Angier, 1972

## ENVIRONMENT

- **Continuing Education in the Information Explosion**, Modern Workplace Learning, Jane Hart, 2020
- **Is the world getting better or worse? A look at the numbers**, Steven Pinker on TED
- **The Half-Life of Facts: Why Everything We Know Has an Expiration Date**, Samuel Arbesman, 2013, also [www.halflifeoffacts.com](http://www.halflifeoffacts.com)

## PERSONAL DEVELOPMENT

- **Move from Striving to Thriving**, The Positive Psychology Workbook for Challenging Times, Bruce Smith, 2021 ([Move from Striving to Thriving](#))
- **Stupid Things I Won't Do When I Get Old**, Steven Petrow, 2021 ([Discussion with Steven Petrow the award-winning author of ...](#))
- **The How of Happiness**, Sonja Lyubomirsky, 2007 ([Sonja Lyubomirsky: The How of Happiness - YouTube](#))

## PSYCHOLOGY

- **Living Without A Goal**, James Ogilvy, 1995
- **Perspective-changing experiences, good or bad, can lead to richer lives**, Sujata Gupta, Science News, 2021 ([Perspective-changing experiences, good or bad, can lead to richer lives](#))
- **Rebuilding, When Your Relationship Ends**, Bruce Fisher, 1981 ([Rebuilding, When Your Relationship Ends](#))
- **Refire! Don't Retire**, Ken Blanchard and Morton Shaevitz, 2015 ([Refire! Don't Retire with Ken Blanchard and Mort Shaevitz](#))
- **The Change Cycle: The Secret to Getting Through Life's Difficult Changes**, Lillie Brock, Mary Ann Salerno, 1994 ([The Change Cycle by Ann Salerno and Lillie Brock ... - YouTube](#))
- **The Middle Passage, From Misery to Meaning in Midlife**, James Hollis, 1993
- **What Makes You Not a Buddhist**, Dzongsar Jamyang Khyentse, 2007 ([What Makes You Not a Buddhist by Dzongsar Jamyang ...|Audible|](#))

## RETIREMENT

- **Age Power, How the 21<sup>st</sup> Century Will be Ruled by the New Old**, Ken Dychtwald, PhD, 1999 ([Exploring the Future of Aging with Dr. Ken Dychtwald - YouTube](#))
- **Life Reimagined, Discovering Your New Life Possibilities**, Richard Leider and Alan Webber, 2013 ([Life Reimagined by Richard J. Leider & Alan M. Webber \(BK ...\)](#))
- **Retire and Thrive**, Robert Otterbourg, 1999

## SCIENCE & MATHEMATICS

- **How Not to Be Wrong**, The Power of Mathematical Thinking, Jordan Ellenberg, 2014 ([How Not to Be Wrong: The Power of Mathematical Thinking](#))
- **On science intersections with life**, [www.edge.org](http://www.edge.org)
- **The Fellowship**, Gilbert, Bacon, Harvey, Wren, Newton and the Story of a Scientific Revolution, John Gribben, 2007

## Point Solution Book Review

**Abundance, The Future Is Better Than You Think**, Peter H. Diamandis, Steven Kotler, 2012, 2014

One's view might be that the world is very troubled. This book, and other authorities like Steven Pinker and Hans Rosling, demonstrates that we have improved over the last 40 to 50 years. Peter Diamandis and Steven Kotler offer us a view to the future in which scarcity that was common to our history will be come abundance in our future.

For the most part we have achieved basic survival needs like food, shelter, energy, education, communication, and information. Information, in particular, is any and everywhere, egalitarian, instantaneous, though a bit lacking in possible integration; further progress leads to the Singularity, when computation becomes sentient and progress begins to enter an exponential growth period, just as predicted for a Turing Machine, and evidenced by Artificial Intelligence and Robotics. When this happens, humankind moves into a period of rapid integration of disciplines, information, and algorithmic engines that will improve existing conditions drastically, delivering more progress to humans, while demanding less of them. Gone will be onerous work, sacrifice, poverty, and suffering.

This leads to exponential explosive growth in manufacturing, quality, industrial integration, communications, collaborations, and quality of life. Individuals will likely no longer need to work to live as automation replaces their skill sets. In summary,

- better thinking machines lead to better solutions (digital manufacturing and computing,
- which lead to better implementations (nano materials, nano technology, “do it yourself” capability, group entrepreneurship, and innovation),
- which delivers a better quality of life for everyone (medicine, food, water, energy, education, opportunity, freedom, and “pursuit of happiness”).

But, from the reviewer's perspective, don't forget to consider,

- Who owns the engines of progress today?
- How does everyman participate, even if they want to participate?
- This works as long as we don't kill each other off.
- This works as long as the environment that nurtures us isn't devastated.
- This works as long as semiconductors, software, computers, robotics, and humans prosper (think Electromagnetic Pulse) enough to reach Singularity and beyond.

## Point Solution Podcast

[Naked Statistics - Stripping the Dread from the Data - YouTube](#)

[Sonja Lyubomirsky: The How of Happiness - YouTube](#)

[Why specializing early doesn't always mean career success](#)

Go to [www.lifelongfulfillment.com](http://www.lifelongfulfillment.com) for the eBook, FAQs, Resources, and to subscribe to **The Fulfillment Chronicles**.