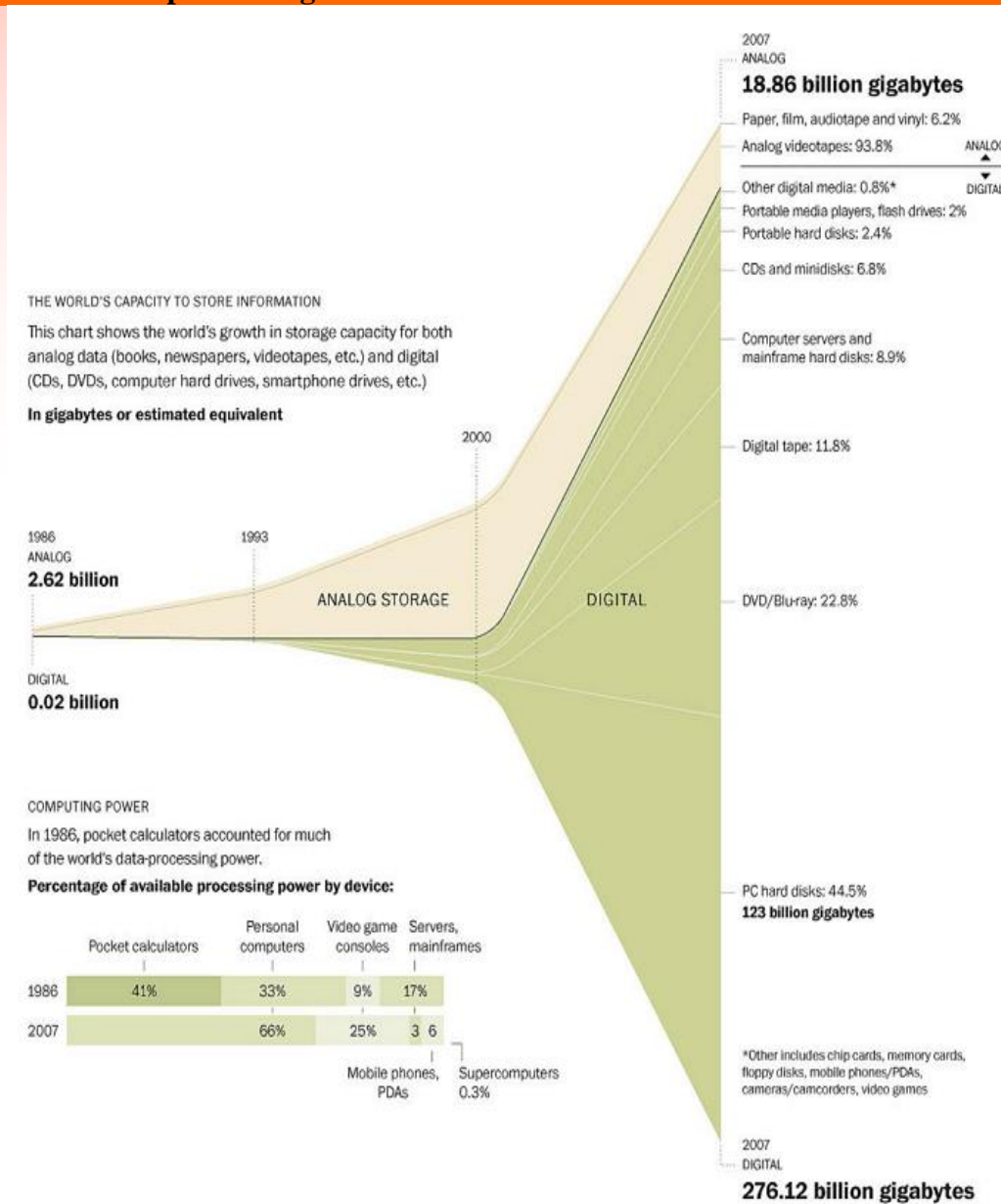


# The Fulfillment Chronicles

## The Way Things Work 2024

It is good to live in an environment tending to abundance, than one of scarcity. However, it does mean individuals need to establish some competency in career, finances, history, government, science, math, and psychology to do well in their chosen endeavors. Some of these areas may not be high on your personal priority list, but important to you because of their impact, whether intended or unintended; so, it's a wise person who makes the effort to know. Here are some facts for your consideration on **the way things work**.

### INFORMATION – in exponential growth

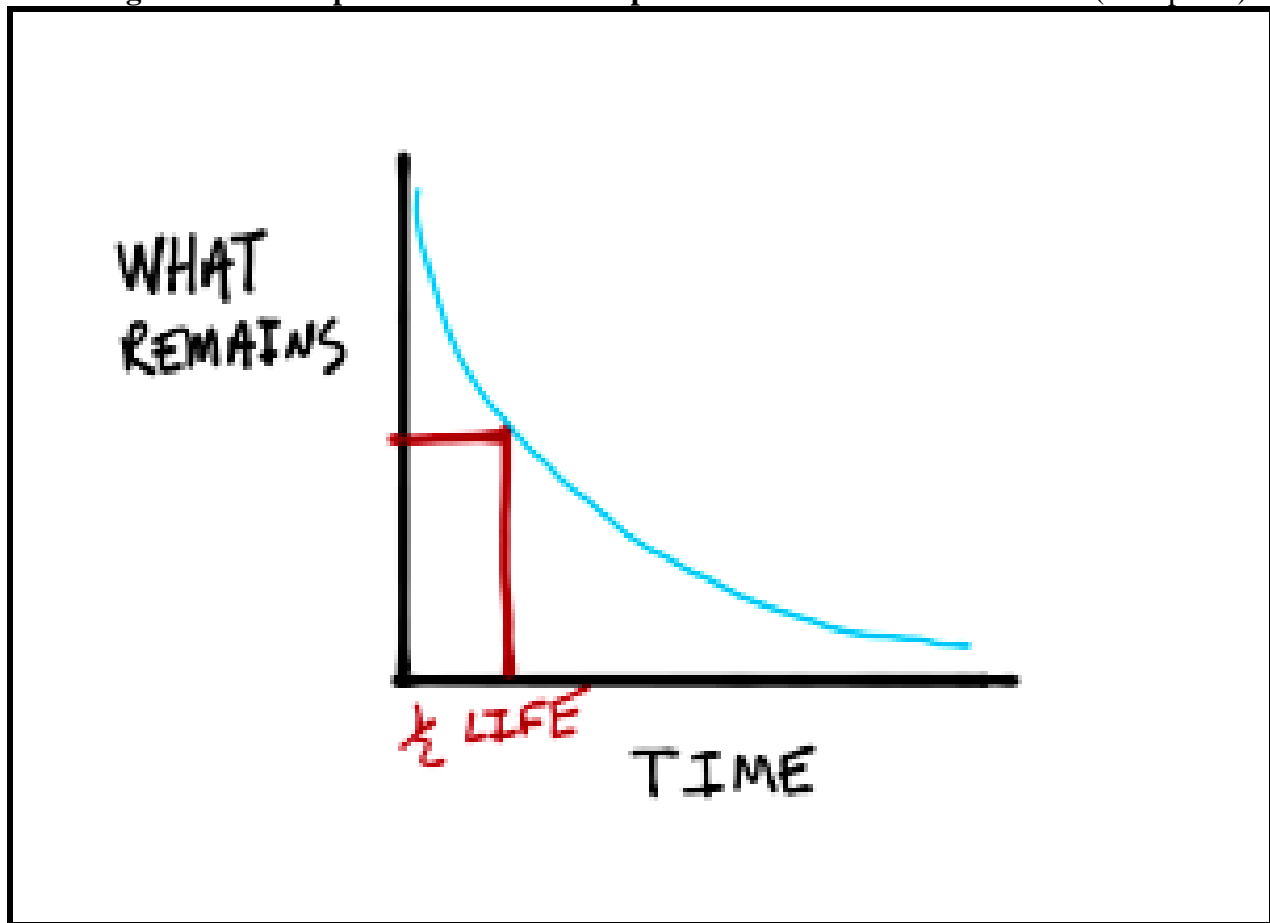


Washington Post, February 11, 2011; **The World's Technological Capacity to Store, Communicate, and Compute Information**, Martin Hilbert and Priscila Lopez, University of Southern California published in Science

Exponential growth challenges us to keep up and to discriminate the really useful information from the superfluous. Computers, data base management systems, and artificial intelligence, all systems we don't personally control, serve to assist with effective use of available information. What do you think would happen if something went wrong with that? There is real risk involved in securing the right authoritative information, accessing the right information we need, not to mention the security implications of an on line presence.

**OBSOLESCENCE OF FACTS**

“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of facts is the amount of time that has to elapse before half of the knowledge or facts in a particular area are superseded or shown to be untrue” (Wikipedia)



Credible information ages much more quickly than ever before. “... Modern estimates place the half-life of an engineering degree at between 2.5 and 5 years. (Shane Parrish, 2018)”, and “it could take 10-20 hours of study per week to keep up an engineering degree (Jane Hart, 2020)”. This clearly defines the need for continuous education throughout one’s life on behalf of career, family, and self.

**EDUCATION IS KEY**

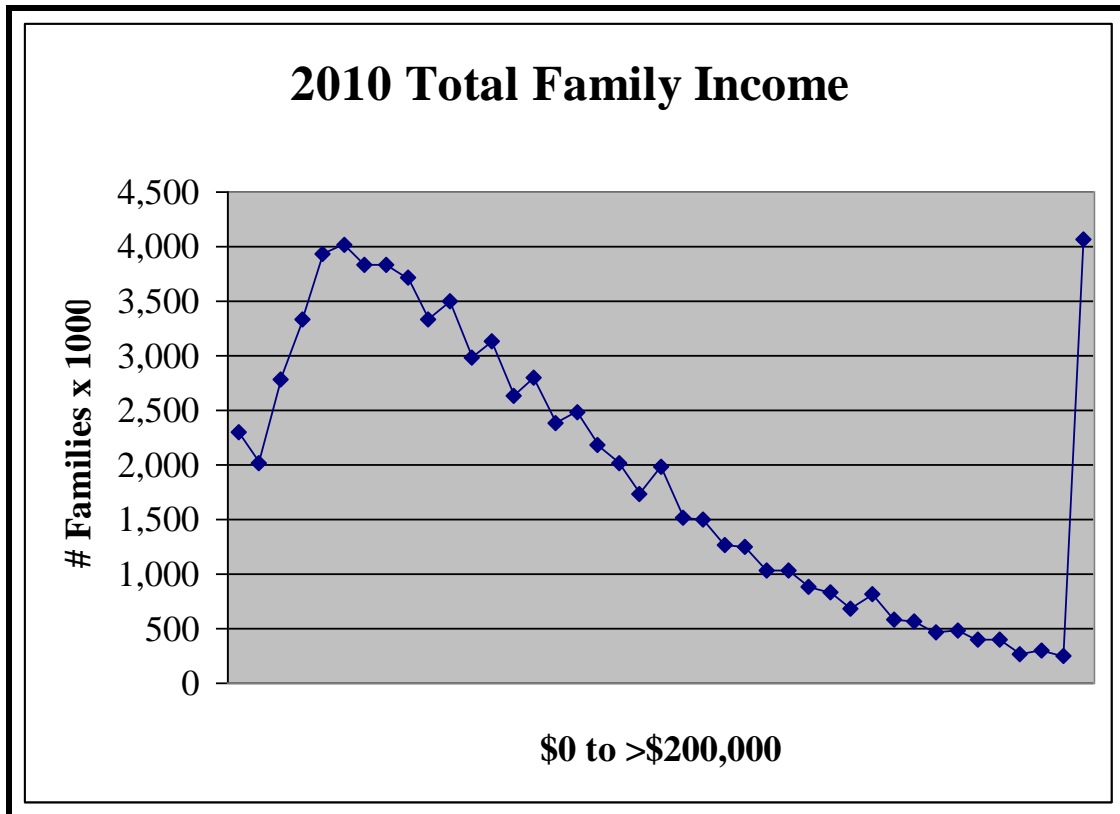
<u>Education Level</u>	<u>Unemployment % in 2020**</u>	<u>Median Weekly Income in 2020**</u>	<u>Quantity @2020*</u>
PhD	2.5%	\$1885	4,683,000
Professional	3.1%	\$1853	3,387,000
Masters	4.1%	\$1545	23,857,000
BS/BA	5.5%	\$1305	55,791,000
Associate Degree	7.1%	\$938	25,463,000

Some College	8.3%	\$877	44,109,000
High School	9.0%	\$781	70,199,000
< High School	11.7%	\$619	24,682,000
<b>Totals</b>			<b>252,117,000</b>

2020 US Census\* and the US Bureau of Labor Statistics

Education is crucial to achieving your goals and making your way in the world, and it correlates positively with achievement and income potential. Once again, the need for continuous education arises.

**US ECONOMICS – incomes, occupations, and growth market sectors**



Population in 2010: 309.3 million, (3.89 individuals/family)

Family Census: 79,559,000 families, Income Range: \$0 to >\$200,000+

Source: [www2.census.gov/programs-surveys/cps/tables/finc-01/2011/finc01\\_001.xls](http://www2.census.gov/programs-surveys/cps/tables/finc-01/2011/finc01_001.xls)

Examples of Bureau Labor Statistics wage data available to the public are:

<u>Occupation title (click on the occupation title to view its profile)</u>	<u>Employment</u>	<u>Mean hourly wage</u>	<u>Annual mean wage</u>
All Occupations	139,099,570	\$27.07	\$56,310
Cooks, Fast Food	544,420	\$11.68	\$24,300
Anesthesiologists	28,590	\$130.50	\$271,440

The top 20 income producing occupations are:

#	Occupation
1	Anesthesiologists
2	Surgeons, Except Ophthalmologists
3	Obstetricians and Gynecologists
4	Orthodontists
5	Oral and Maxillofacial Surgeons
6	Physicians, All Other; and Ophthalmologists, Except Pediatric
7	Psychiatrists
8	Prosthodontists
9	Family Medicine Physicians
10	General Internal Medicine Physicians
11	Chief Executives
12	Dentists, All Other Specialists
13	Nurse Anesthetists
14	Airline Pilots, Copilots, and Flight Engineers
15	Dentists
16	Pediatricians, General
17	Dentists, General
18	Aircraft Pilots and Flight Engineers
19	Computer and Information Systems Managers
20	Architectural and Engineering Managers

[www.bls.gov/oes/current/oes\\_nat.htm](http://www.bls.gov/oes/current/oes_nat.htm)

#	Occupation
1	Home Healthcare Services (for Boomers, adding 713,700 additional positions, at 4.0% CAGR to \$115B in 2028)
2	Outpatient Care Centers
3	Individual & Family Services
4	Other Information Services
5	Offices of Other Health Practitioners
6	Medical & Diagnostic Laboratories
7	Computer Systems Design & Related Services
8	Forestry
9	Other Ambulatory Care
10	Software Publishers
11	Management, Scientific, and Technical Consulting Services
12	Data Processing, Hosting, and Related Services
13	Office Administration Services
14	Support Activities for Mining
15	Warehousing & Storage
16	Other Educational Services
17	Other Professional, Scientific, and Technical Services
18	Offices of Physicians
19	Elementary & Secondary Schools
20	Junior Colleges, Colleges, Universities, and Professional Schools

**The 20 Fastest Growing Industries for 2021 and Beyond**, Jan 2, 2020, Tim Robinson, Seek Capital, [www.seekcapital.com/blog/fastest-growing-industries/](http://www.seekcapital.com/blog/fastest-growing-industries/); [www.bls.gov/emp/tables/industries-fast-grow-decline-employment.htm](http://www.bls.gov/emp/tables/industries-fast-grow-decline-employment.htm)

Simply put, US economics favors peak wage earners, who are often highly educated, connected/networked, and work in preferred careers as defined by scarcity, educational investment, and technical prowess. It's reasonable to assume these distinctions hold true in other countries. These observations say nothing about the wealthy and inherited wealth, only wages and professions.

If you are not so inclined to seek peak wages, it is ever more important to have a plan for what you want to do in the way of work and income and the risks involved. Tighter resource constraints need to be addressed with good planning, knowledge, and risk management.

The growth sector economies are better than stagnant or declining sector occupations for employment. More individual opportunity, career growth, and income accrue to those working in growth sectors. Combined with highest paying occupations, you have a view of what personal career choices might be.

**COSTS OF LIVING – the dynamics**

<u>Cost of living per Month</u>	<u>One person</u>	<u>% Total</u>	<u>US Rank of 197 Nations</u>	<u>Family of 4</u>	<u>% Total</u>
<b>Total with rent</b>	\$1951	100	10 th	\$4414	100
<b>Without rent</b>	\$742	38	23 rd	\$2437	55
<b>Rent &amp; Utilities</b>	\$1209	62	9 th	\$1976	45
<b>Food</b>	\$505	26	22 rd	\$1313	30
<b>Transport</b>	\$95	5	38 rd	\$252	6

- At \$1951/person, the US is 2.04 times more expensive than the world average
- US cost of living is 10<sup>th</sup> highest of 197 worldwide nations.
- **Cost of Living in the United States**, [www.livingcost.org](http://www.livingcost.org)



**US Cities with the Lowest Cost of Living in 2021**, Joe Roberts, 2021, [www.move.org/lowest-cost-of-living-by-us-city/](http://www.move.org/lowest-cost-of-living-by-us-city/)

If you have flexibility, cost of living can be managed by location, family choices, and housing, food, and transportation alternatives. Remember, inflation is more generic in impact.

**THE INCOME STATEMENT – a quick confirmation or call to action**

INCOME (All Sources): \$ \_\_\_\_\_

EXPENSES (All Sources): \$ \_\_\_\_\_

NET INCOME ( income – expenses): \$ \_\_\_\_\_

## CONCLUSIONS

- **You have a lot to learn throughout your life**
- **You need an education commensurate with your life's goals**
- **Your education and career choices determine your income**
- **Your expenses are dictated by where you live, the work you do, the family you do/don't have, and the choices you make in managing income and expenses**
- **Prosperity is a balanced condition, grown over time, knowing how things work**

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

# Point Solution Book Review

## Book Review – *Surviving Survival*, Laurence Gonzales, 2012

Life threatening situations happen, maybe not to all but enough that their experiences inform the human condition. Laurence Gonzales introduces us to the men and women who have had trauma in their lives, like crocodile, mountain lion, bear, and shark attacks; bullets, hatchets, and knives wielded by humans; spousal mental and physical abuse; PTSD in times of war; sailboat and USS Indianapolis sinkings; hiking misadventures; cancer; and a child's death. Gonzales introduces experts in psychology, neuroscience, emergency and trauma medicine for the hows and whys.

Daniel Kahneman's System 1 and System 2 mindsets come into play in describing how trauma occurs in the System 1 mind, but is resolved in the System 2 mind. Traumas are intensely emotional, immediate, and adrenaline fueled as a person reacts to life threatening circumstances. It happens fast and the response is visceral and immediate in line with "flight or fight" reactions. The aftermath invokes the "rage circuit", anxiety, phantom limb syndrome, repetitive emotional cycles, flashbacks that overwhelm the individual and block a return to normality. System 2, run in the prefrontal lobe of the brain, is slower, logical, and inclined to rational analysis, plans and actions that can resolve the trauma. This allows for changing the life previously lived to something that resolves and acknowledges the trauma and moves on to a new normal. It confronts the trauma and adopts "assertive aggression" as it reaches for a new reality. The challenge is to move from the incapacitating System 1 shock and trauma to System 2 resolutions that define a new phase of life after trauma.

The author found individual's therapies that worked for the traumatized included knitting, running, writing, coaching/teaching others, conscious conditioning to achieve "flow", and the process of "see one, do one, teach one".

More formal approaches show that

- Good strategies for coping are sublimation (channeling one's energies), altruism (doing for others), suppression (distraction), anticipation (future focus), and humor.
- Ineffective strategies were projection (blaming), passive aggression (anger), disassociation (denial), acting out, fantasy, hypochondria

In concluding the author offers some Rules for Life with or without trauma,

- Doing something with passion
- Being mindful in the present
- Being patient
- Being tough
- Appreciating the small victories
- Putting things in their (appropriate) place
- Work
- See One, Do One, Teach One
- Touching someone
- Being grateful
- Walking the walk (until the goal is achieved)
- Having some humor