

The Fulfillment Chronicles

Young Adult Fulfillment Plans

July 2024

In general, Young Adults are those individuals between 20 and 30 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

Start Up Resources

Lifelong Fulfillment, Take Charge of Your Life!, Jim Boswell, 2023, www.lifelongfulfillment.com

BUSINESS AND ECONOMICS

- **Aftershock**, Robert Reich, 2010, ([Aftershock with Robert Reich - YouTube](#))
- **Effective Negotiating**, Chester L. Karrass, 1998 ([The KARRASS Story - YouTube](#))
- **Naked Economics, Undress the Dismal Science**, Charles Wheelan, 2010 ([Naked Economics by Charles Wheelan – YouTube](#))
- **The Complete MBA for Dummies**, Kathleen Allen & Peter Economy, 2011
- **Population, Income, Cost of Living**, www.census.gov, www.bls.gov, www.livingcost.org

CONTRARIAN VIEWS

- **Hegemony or Survival**, Noam Chomsky, 2003 ([Noam Chomsky, 'Hegemony or Survival'](#))
- **On Behavioral Economics**, www.behavioraleconomics.com
- **On Finance, Business, Government**, Frontline
- **The Story of B**, Daniel Quinn, 1996
- [Why Democracies Fail](#) - Louis Paquette, on TED

ENVIRONMENT

- **Continuing Education in the Information Explosion**, Modern Workplace Learning, Jane Hart, 2020
- **Education**, US Census Bureau, www.census.gov/prod/2012pubs/p20-566.pdf
- **Information explosion and information half-life**, 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

HISTORY

- **A People's History of the United States**, Howard Zinn, 2015 ([A People's History of American Empire | Howard Zinn - YouTube](#))
- **Blowout**, Rachel Maddow, 2019
- **Drift, The Unmooring of American Military Power**, Rachael Maddow, 2012

MATHEMATICS

- **Law of Diminishing Marginal Returns**, Adam Hayes, Investopedia, 2021, and www.corporatefinanceinstitute.com
- **Naked Statistics**, Charles Wheelan, 2019 ([Naked Statistics - Stripping the Dread from the Data - YouTube](#))
- **Pareto Rule: The 80/20 Rule And How It Can Change Your Life**, Kevin Kruse, Forbes, 2016 (Brian Tracey, <https://www.briantracy.com/blog/personal-success/how-to-use-the-80-20-rule-pareto->)
- **Strategic Inflection Point**, Adam Barone, Investopedia, 2021
- **The Normal Curve**, www.mathsisfun.com/data/standard-normal-distribution.html, www.dictionary.com/browse/normal-curve, and www.khanacademy.org

PERSONAL DEVELOPMENT

- **Blink, The Power of Thinking Without Thinking**, Malcolm Gladwell, 2005 ([Malcolm Gladwell: Blink - YouTube](#))
- **Common Careers for Personality Types**, www.personalitypage.com/careers.html ([How to choose a career for your personality - YouTube](#))
- **Factfulness, Ten Reasons We're Wrong About the World and Why Things Are Better Than You Think**, Hans Rosling, 2017 ([Factfulness: Ten Reasons We're Wrong About the World by ...](#))
- **Kahn Academy**, www.kahnacademy.org
- **The Seven Habits of Highly Effective People**, Steven Covey, 1989 ([Stephen M R Covey - 7 Habits of Highly Effective People](#))

PSYCHOLOGY

- **DIMENSIONS OF BEHAVIOUR** (DISC, Success Insight Wheel), www.discprofile.com ([Do you know your DISC personality type profile-DISC ...](#))
- **MYERS-BRIGGS TYPE INDICATOR** (MBTI), www.typelogic.com, www.truity.com ([Who are you, really? The puzzle of personality | Brian Little|TED](#)) ([What is the Myers-Briggs Type Indicator \(MBTI\) Personality ...](#))
- **How to turn grit into a lifelong habit** – Angela Duckworth ([How to turn grit into a lifelong habit – Angela Duckworth](#))
- **Mindset, The New Psychology of Success, How We Can Learn to Fulfill Our Potential**, Carol Dweck PhD, 2006
- **What Color is Your Parachute?**, Richard Bolles, 2016 ([Episode #72: What Color is Your Parachute with Gary Bolles](#))

SCIENCE

- **Physics For Future Presidents**, Richard Muller, 2008 ([Physics for Future Presidents: Richard A. Muller – YouTube](#))
- **The Population Bomb**, Population/Resources/Environment, Paul R. Ehrlich, 1968 ([From the Population Bomb to the Dominant Animal - YouTube](#))
- **The Seven Daughters of Eve**, Bryan Sykes, 2001 ([The Seven Daughters of Eve and Me - Mike Conrad - 2/20/2022](#))
- **The World Without Us**, Alan Weisman, 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 for the eBook, FAQs, Resources, and to subscribe to **The Fulfillment Chronicles**.