

The Fulfillment Chronicles

Your First Fulfillment Plan

2024

The First Personal Lifestyle Development Plan is ideally for every mature student, especially juniors and seniors in college and others of this age grouping. At the end of your senior year in high school and college you will arrive at a strategic inflection point where everything will change for you. You will have received the best of experience, training, and education available from family, teachers, and coaches. You may have some political, religious, civic, or institutional indoctrination as well to consider. You may have a little money saved up, a college degree nearing completion, some idea of what you like, some work experience, and a lot of questions. That's okay, because questions are good, both now and later on.

On the Maslow's Hierarchy of Needs, you are mostly at the base of the pyramid at this point, in search of security, food, a place to live, and the money to make it all work. Maybe some fun too! That is by definition your Pareto focus for a while. You are in early days, the fulfillment of higher levels on the Maslow pyramid will come somewhat later.

Your plans can't hinge only on your IQ, grades, education, and training. Without integrating what you do know now with what you don't know now but can learn, you can't create a reliable plan that delivers results you care about. **You don't know what you don't know** either, so the lifestyle development process and data you work with are essential to fill in the unknowns so your plan won't fail or be inefficient. Try out the Johari window exercise using your own perspectives and use these to improve what and how much you know. You probably have a gut instinct for who and what you are, but you do have room for lots of exploration of yourself in psychological terms. You will want to take the psychological profile tests described in the book if you haven't already. You will want to think about your tolerance for risk as well.

Start reading and augment your critical thinking skills. The research topics covered in the book are the starting points that will clue you into income, expenses, economics, business principles, mathematics, and some useful thumb rules relevant to personal development. The bibliography gives you a starting point to expand on this initial information in scope and depth. By way of experiment, it might be smart to read, view, and engage some new information. Maybe you should try setting yourself a modest trial problem or a proposition; then, try doing 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, which may or may not 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! You can work the plan. If not, determine what doesn't fit and re-work this through the part of the process you need to reach a better conclusion.

At the very least, when you are a junior or senior in college, it might be time to initialize or rework your plan once again. Also, if and when you marry, go to graduate school, move, take a career position, and so on. Or whenever you just feel the need.

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

Point Solution Book Review

The Motivation Myth, How High Achievers Really Set Themselves to Win, Jeff Haden, 2018

Jeff Haden tours the reader beyond the concept of motivation and into working one's plans, based on the idea that working the plan leads to success (motivation) which leads to more plans and executions (building courage and confidence) that furthers one's objectives. He is not a fan of Tony Robbins' and Malcolm Gladwell's contributions to self help. He cites celebrities and CEO success stories as validation of his recommendations. In the course of his discussions he touches on Maslow's Hierarchy of Needs, Pareto Prioritization, and other techniques including a few he doesn't appreciate, including SMART Goals (Specific, Measurable, Attainable, Relevant, Timely), the 10,000 Hour proficiency metric, and inspirational and motivational techniques. Mr. Haden's theme neglects quantitative methods and doesn't address ways and means, but focuses on the hows and whys of goal setting, working the plan, resourcing, tactics, and continuity.

Some takeaways from **The Motivation Myth** are,

- Your plan is yours, unique to you.
- Outside advice is unnecessary, since they are not you.
- Outside help is necessary, so go and get it as need be.
- Put your fear aside and work the plan.
- Develop more than one proficiency in your life, which delivers strength, flexibility, and resiliency.

All in all there is some good advice here even without a bibliography in support or factual verifications.

Perhaps a bit motivational and inspirational?

Point Solution Podcasts

['Understanding Men's Passages' by Gail Sheehy - YouTube](#)

[Digital Minimalism with Cal Newport - YouTube](#)

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