

The Young Person Challenge

Tackling Your Life Goal Through the Abstraction Method

Now that you've thought of your goal, let's break it down into smaller, more actionable steps that will help you to tackle it in a more methodical, tolerable, and measurable fashion. Print this out and stick it next to your mirror.

STEP 1: Write down your goal here:

I want to go travelling around the world .

A distant friend, **Tim**, who lives 50 miles away from you, is in a similar situation as you – and has the same goal. Picture Tim's face – imagine his predicament!

STEP 2: Write down 2-3 HIGH-LEVEL (general) pre-requisites that Tim will need to address first in order to achieve his goal. These are not measurements of his success, but rather the necessary pieces for Tim to have a chance at succeeding:

1. *A large chunk of free time* .
2. *A large amount of money* .
3. *A plan for his trip* .

STEP 3: For each requirement in STEP 2, write down up to 4 STEPS that Tim could take to get it done:

Requirement 1: (*A large chunk of free time*)

- a) *Make sure he's not working* .
- b) *Discuss w/ his family* .
- c) *Discuss w/ his romantic partner* .
- d) _____ .

Requirement 2: (*A large amount of money*)

- a) *Develop a budget* .
- b) *Reduce recurring monthly bills* .
- c) *Cut down on social spending* .
- d) *Pay down loans/credit cards* .

Requirement 3: (A plan for the trip)

- a) Research affordable destinations .
- b) Research gear to bring, visas, etc.
- c) Get visas, passport, and vaccines .
- d) Book a flight _____.

STEP 4: Now let's bring it back to yourself. Forget Tim for a second. What would YOU do with these steps? Let's also now put dates next to each item, to give ourself some accountability and a definite timeline.

Requirement 1: (A large chunk of free time)

- a) Give my notice at work @ 12/15.
- b) Talk to Mom about this @ this Sat.
- c) Discuss plan w/ Rachel @ this Fri.
- d) _____ @ _____.

Requirement 2: (A large amount of money)

- a) Develop a budget in Excel @ Tues.
- b) Trim phone/cable/gym bills @ Wed.
- c) Less drinks/food when out @ ongoing.
- d) Pay \$1000/mo toward debt @ ongoing.

Requirement 3: (A plan for the trip)

- a) Research China on TripAdvisor @ Mon.
- b) Look at travel blogs for gear @ Nov.
- c) Get visas/passport/vaccines @ Oct.
- d) Set an alert for cheap flights @ Sept.