

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:

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. _____ 2. _____

3. _____

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) _____ b) _____

c) _____ d) _____

Requirement 2:

a) _____ b) _____

c) _____ d) _____

Requirement 3:

- a) _____
- b) _____
- c) _____
- d) _____

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) _____ @ _____
- b) _____ @ _____
- c) _____ @ _____
- d) _____ @ _____

Requirement 2:

- a) _____ @ _____
- b) _____ @ _____
- c) _____ @ _____
- d) _____ @ _____

Requirement 3:

- a) _____ @ _____
- b) _____ @ _____
- c) _____ @ _____
- d) _____ @ _____