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**35 Practices for
Busting the Effort Myth**

Sherri W. Fisher

SAMPLE PRACTICE

**Follow the
Three Rules for Adulting**

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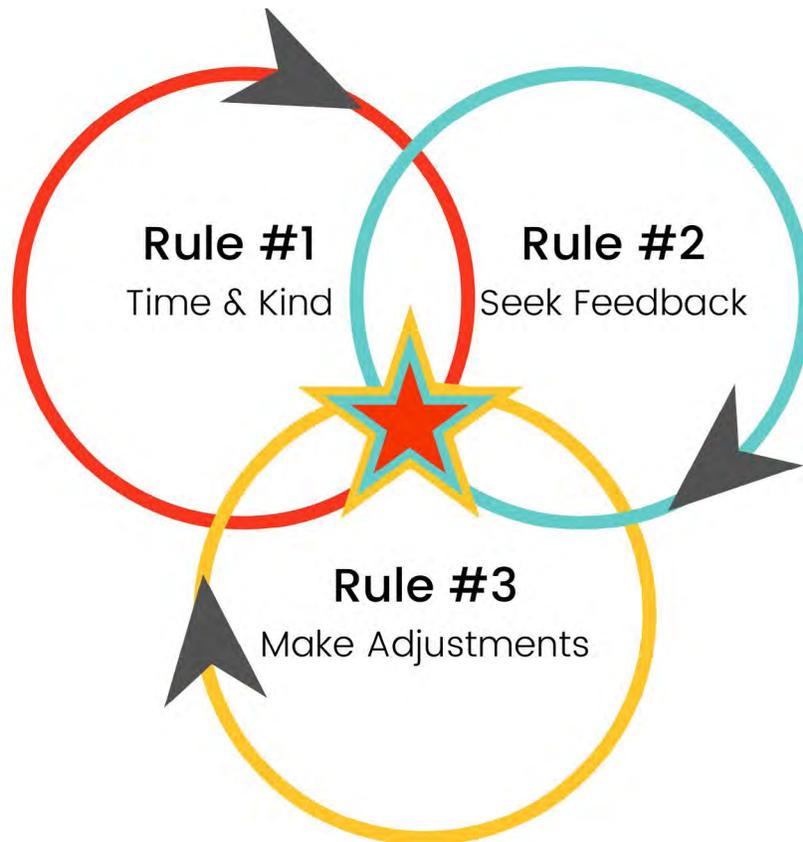
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WHAT ARE THE THREE RULES FOR ADULTING?

The Three Rules for Adulting form a cycle that will be useful for the rest of a student's life, not just while they are in school.

- » First, students assign work to themselves, keeping track of what needs to be done for a day as well as over extended time periods.
- » Next, students collect feedback, remembering that it can come from sources besides grades.
- » Then, students use feedback information to become more successful by noting what went well and choosing to make small adjustments.

The cycle begins again when they assign those small adjustments to themselves. When a student thinks of all learning as a series of small experiments, school and life are an opportunity for more discovery and improvement.



WEEK ONE

Follow the Three Rules for Adulting

Learn

When you intend to do something, do you leave a lot of latitude for *not* doing it? You might. Intending to do something implies that you probably will do it. It could sound like, “I’ll probably do it this week.” “I’ll probably get around to it later.” If you really want to practice powerful goal-setting and achievement behaviors, whether for big or small objectives, research shows that intentions will not help. That’s because there is often a gap between your intention and your action. Every intention has the “p” word embedded in it. That word is *probably*, which leaves room for “probably not”.

Grow

Probably is a thought and emotion barrier that must be overcome in order for you to take action. To stick with behaviors that lead to goal achievement, remember that taking distractions away from your emotional elephant, making the last minute happen sooner, and having a backup plan are keys to creating a new habit. Taking advantage of your good habits can lead to greater consistency and save time when you want to accomplish a goal.

Flourish

MASTER THE THREE RULES FOR ADULTING

Do you have a goal you’d like to achieve? The Three Rules for Adulting are a 1-2-3 action cycle that will help you take advantage of planning, assessing, and recalibrating your goal-directed behaviors. Let’s get started!

Write your goal here: _____

Then ask yourself:

- Do I have the skills I need? Are new skills part of my goal?
- Can I organize my schedule around the goal?
- Can I commit to necessary practice?

Now follow the Three Rules for Adulting:

Rule #1: Assign yourself the **time and kind of work you will do to work on this goal.**

1. Plan ahead with the end in mind, working backwards from the desired end
2. Break down large tasks into practical, measurable, actionable steps
3. Estimate time and prioritize activities in a planner, calendar, note, or reminder

Rule #2: **Seek feedback** on your practice.

1. Determine how you want to receive feedback: From a stopwatch? A personal critique? A video?
2. Notice what went well and what could go better, including your reactions and feelings about performance.
3. Commit to accepting feedback as data rather than criticism and be willing to make changes.

Rule #3: **Make Adjustments** to refine your practice.

1. What is the smallest measure of feedback you can re-apply to your goals practice? Reassign **time and kind** actions.
2. What can you do in a new way based on feedback?
3. Engage a friend or mentor who will help keep you feeling motivated rather than defeated.

Reflect

What adjustments do you need to make? Assign yourself the Time and Kind of work that will put them into practice.



This week's practice was:

“Follow the Three Rules for Adulting”

ASK YOURSELF DAILY: What went well today?

To get more of this I will . . .

LEARN EVEN MORE ABOUT “THE THREE RULES
FOR ADULTING” IN MY BEST-SELLER:

the Effort Myth

How to Give Your Child
the Three Gifts of Motivation

School ends for most people in early adulthood. **Ideally, learning is never completed.** Help your child develop personalized and agile approaches for lifetime learning and success that will extend far beyond their school and college years.

- » Discover when you need to step in and when you need to let your student figure it out themselves
- » Build a tool kit of strategies for helping your student live the experience of success beyond grades, especially during the critical time when they are between 10 and 20 years old
- » Help in ways that will enable your children to grow in both ability and independence



Available in Ebook:



ABOUT THE AUTHOR



Sherri Fisher has dedicated decades to challenging the Effort Myth, both in schools and private practice. She believes that no one should have to suffer to be able to learn. Parents who work with Sherri in their youth return with their own children. Her client relationships don't just span grades; they span generations.

As a learning specialist and executive coach for students and their parents, Sherri has pioneered research-based tools that build skilled resilience, motivation, and self-direction. As a schools consultant she has guided educators and administrators to nurture the flexibility, strengths, and relationships that help improve academic and life outcomes.

Sherri is the Director of Learn & Flourish, an education coaching and consulting firm with clients on five continents. She earned her Master's degree in Applied Positive Psychology from the University of Pennsylvania where she studied with the founders of the field. Sherri lives in New England where she raised her children, her gardens, and her big pack of friendly dogs.



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Sherri Fisher

Learning to manage well-being and work habits is as fundamental to life success as knowing how to read, write, and solve problems. To make improvements, of course, some effort is necessary. However, trying harder can become exhausting and discouraging. There is a better way.



Did you know that it's not how hard you try that leads to success? It's **how you try harder that matters most.**

Based on decades of well-being and productivity research, this newly updated edition of *Unleash Your Epic Self* helps adolescents and young adults establish resilience and self-direction skills while also nurturing strengths, relationships, and habits to support school, work, and life goals.

Inside you'll find seven well-being and productivity sections. Each one guides you through five easy-to-accomplish weekly practices—35 in all. Use the practices alone or with a group. Each section also has space to reflect on and extend your learning.

Start boosting your focus and busting the effort myth today.

- » Mindfully notice what is going well, even when some things are not
- » Respond to challenges with more resilient thinking, and less sadness and worry
- » Spot, manage, and develop your strengths for success
- » Strengthen your self-advocacy and relationship skills
- » Build self-regulation and perseverance capacity
- » Set goals and handle the challenges of procrastination
- » Move toward the future you deserve with more calm, flow, and self-direction



Sherri Fisher is the best-selling author of *The Effort Myth*, and Director of Learn & Flourish, an education coaching and consulting firm. Her clients span five continents and multiple generations. She earned her Master's degree in Applied Positive Psychology from University of Pennsylvania where she studied with the founders of the field.

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