

The Defining Decade

The book "The Defining Decade" by Dr. Meg Jay, a clinical psychologist, explores 4 tasks which should best be done when young adults are in their 20s. They are:

1. Finish one's education.
2. Get a "real" job.
3. Find one's life partner (assuming one wants one).
4. Start one's family (assuming one wants children).

The ideas of the book have elicited thoughts on the topic from other thinkers - not necessarily psychologists.

"Thinkers" have added two more tasks:

5. Establish the basis for one's future financial security, mainly through investing.
6. Decide on one's Life Philosophy - the principles & beliefs that will guide your morality, decisions, attitudes & behaviors for the rest of your life.

Note: Assuming one is successful in accomplishing these tasks in one's 20s, then when one is 30 & beyond, **balancing "the 3 Ps" becomes important** - adequately apportioning one's time among the tasks of:

- Providing = earning enough money to support one's family;
- Parenting = devoting enough time to raising one's children properly; and
- Partnering = nurturing one's relationship with one's life partner.

In today's society what often becomes the most challenging task is NOT to spend so much time "providing" that one does not have enough time to do a good job of parenting & partnering.