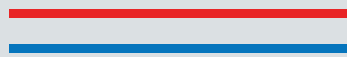# HighRoad

The HighRoad Blueprint:
5 Stages of Definition for Weekly Action Planning and Long-Term Goal-Setting

ADAM LEE ROSENFELD

Introduction

In 2008, Dr. Jason E. Bond, a biologist at East Carolina University in Greenville, N.C., discovered a new species of spider. And because he discovered it, he got to name it. Here's the name he chose:

Myrmekiaphila neilyoungi

Let's take a look again at that second word: *neilyoungi*. This spider is named after famed singer-songwriter Neil Young. "Searchin' for a heart of gold", "rockin' in the free world" Neil Young.[1]

Whether you know who Neil Young is or not, let alone appreciate his music, has no bearing on Dr. Bond's assignment. He made a discovery, and it fell to him to give it a name. He chose a name that was significant to his own preferences and values. He appreciates the work and music of Neil Young.

Man gave names to all the animals

Since the beginning of history, man has been naming animals. Let's take a look at where this behavior began:

*"Out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to Adam **to see what he would call them**. And whatever Adam called each living creature, that was its name." - Genesis 2:19 (emphasis added)*

This is an interesting verse. Genesis 2:19 comes at the end of a detailed account of creation, in which things as enormous as stars and planets are being created solely by God. But if God created the heavens and the earth, He could easily create names for each of the animals, right?

Yet He didn't. Instead, He chose to position Himself in a place of anticipation, to see what Adam would do. Although He could have exercised supreme authority over all creation, and micro-managed to the point where each and every living thing had a name tag for Adam's convenience, He chose to partner with Adam.

Our call to stewardship

We're not Adam. We weren't brought into this world at the time of utopian paradise and anthropological newness. By the time we came around, a lot of things already got their names. (Except for Dr. Bond's spider, that is.)

Yet in one sense, we're just like Adam - we're meant to be responsible for God's creation. We've been given stewardship. Over what? Over our own lives, for starters. We cannot properly take responsibility over God's creation if we don't start with our own lives. And you can't take responsibility over your own life if you don't know what your life entails.

We're meant to give names to all the animals in our lives.

---

1   Saw him live circa 1995 at the Sultan's Pool in Jerusalem. Pearl Jam was his backing band. One of the best shows I've ever seen.

Start with definition

> *"What gets measured gets managed." - Peter Drucker*

The above quote means that we can't assume responsibility over something until we know how much of that thing we have to be responsible for. For example, let's say we need to manage a budget, and we need to know how many dollars to budget towards office supplies. We can't do this unless we know how many dollars we have in the bank. We need to *measure* our dollars so we can *manage* our dollars.

But not all things in life are as clear as dollars and cents. There are things in our lives that we are responsible for, and we don't even know what they are. That's because we haven't bothered to *define* them.

We make the mistake of thinking that it's God's job to give names to the animals in our lives. It's not. He created our lives, it's up to us to define what He's given us. Only after we do that can we start using what we defined to serve Him.

> *What gets defined gets measured. What gets measured gets managed.*

And that's what Adam did in the Garden of Eden. He began defining the things that he was given stewardship over. He gave names to the animals.

We've got it backwards

If we don't give names to the animals in our lives, if we just wait for God or someone else to do that for us, then we've got it backwards. What happens is that we allow the things in our life to name us. We end up defining ourselves by our circumstances. We're *poor* because we're in debt. We're *stressed* because we don't have time. We're *exhausted* because we're overcommitted.

But if you give names to the animals in your life, you can begin to take responsibility over your circumstances. You can begin to meet your obligations. And you can begin to act on your deepest dreams and desires. You can have a family, do your work, and build your dreams.

5 Stages of Definition

The HighRoad blueprint teaches 5 Stages of Definition designed to help you give names to all the animals in your life. These "animals" include resources, values, work, relationships, and problems.

Here are the five stages of definition:

STAGE 1: THE PHYSICAL REALM - *Define Your Stuff*

STAGE 2: THE 3 BIG QUESTIONS - *Define Your Values*

STAGE 3: THE 4 TYPES OF WORK - *Define Your Work*

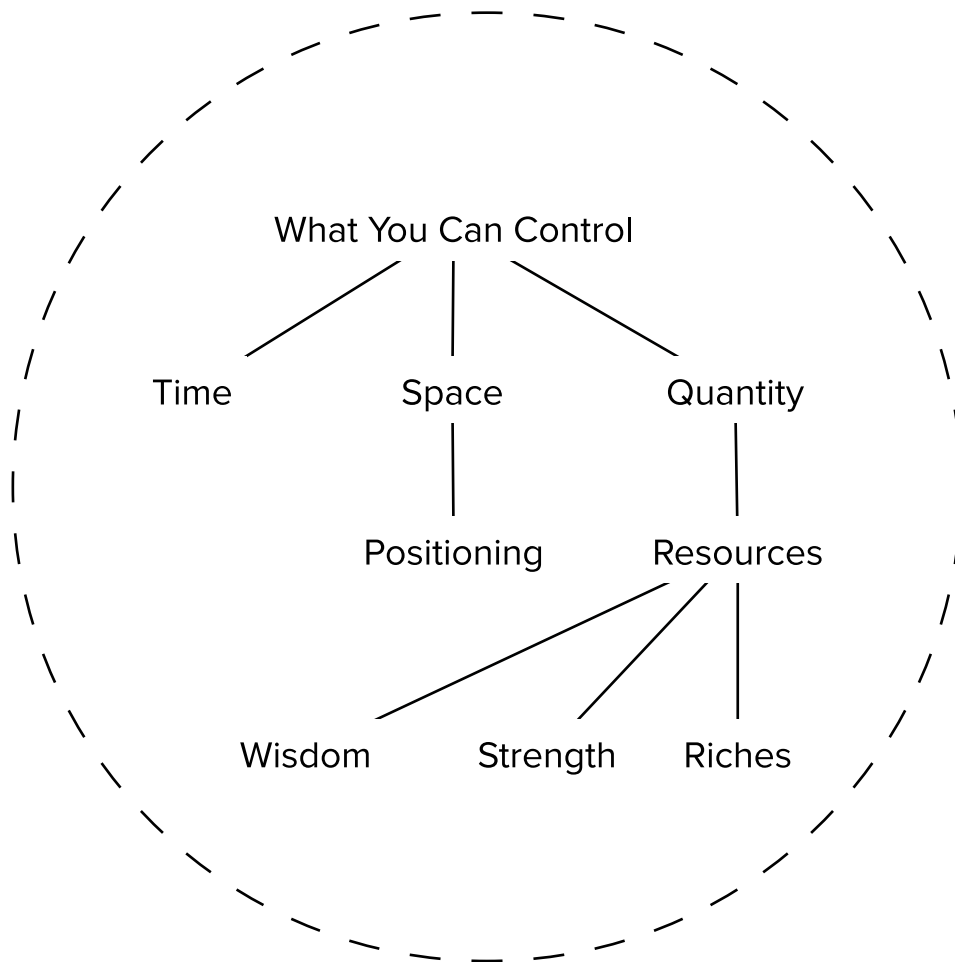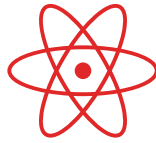**STAGE 4: THE 3 MOTIVATORS -** *Define Your Relationships*

STAGE 5: A WORK CIRCUIT - *Define Your Problems*

Each page shows one of the 5 stages of definition, with a list of articles for further reading below.

Once you learn these 5 Stages of Definition, you begin to see how your life works according to them. You can start measuring and then managing the areas of your life.

THE PHYSICAL REALM | *Define Your Stuff*

What You Can Control

Time   Space   Quantity

Positioning   Resources

Wisdom   Strength   Riches

FURTHER READING

Time:

4 Steps for Surviving Evenings With a Large Family

Be Ruthless With Your Time. Ruthless.

No Time is the Best Time for a Passion Project

Plan Your Next Year by Following Your Heart. Carefully.

Guy's Night Out? My Wife Won't Let Me.

You Should Pray. Every Day.

How to Accomplish Your Goals Without Conscious Effort

Positioning:

Why am I Not a Millionaire Yet?

Resources - Wisdom:

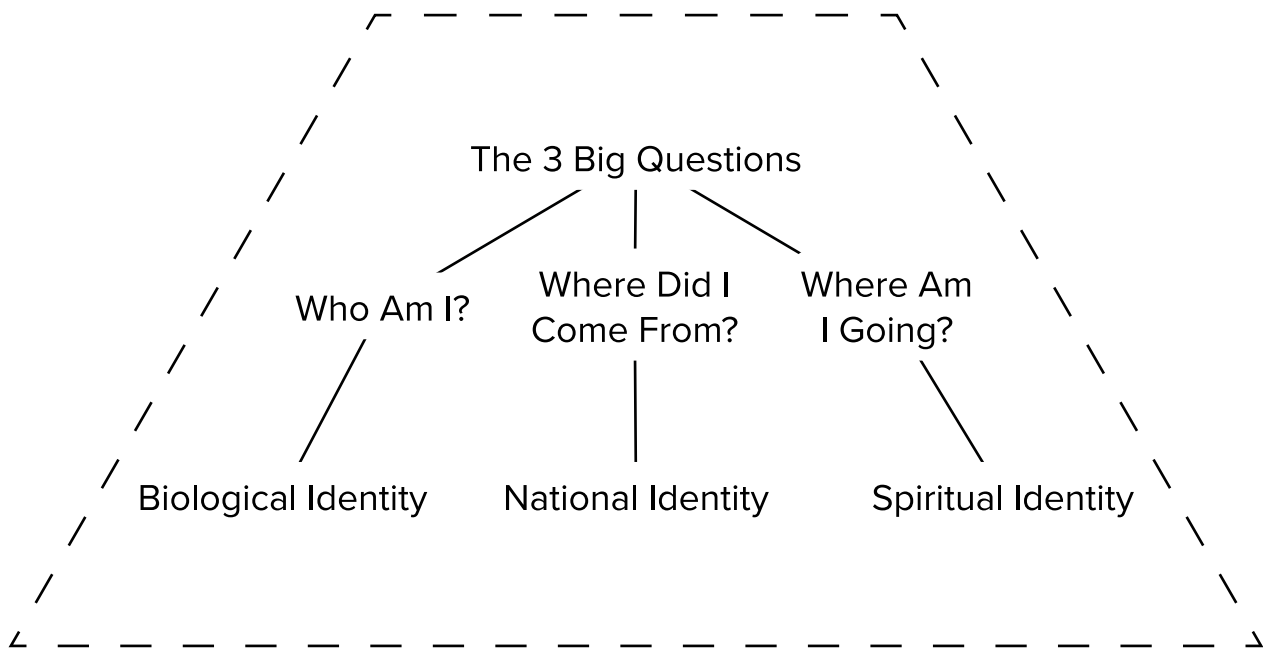I Wanted Something Too Much, So I Tried Fasting.

Resources - Strength:

I Ran a Marathon. You Totally Can.

THE 3 BIG QUESTIONS | *Define Your Values*

The 3 Big Questions

Who Am I?

Where Did I Come From?

Where Am I Going?

Biological Identity

National Identity

Spiritual Identity

FURTHER READING

Who Am I?

Planning Kids? How Irresponsible of You.

Where Am I Going?

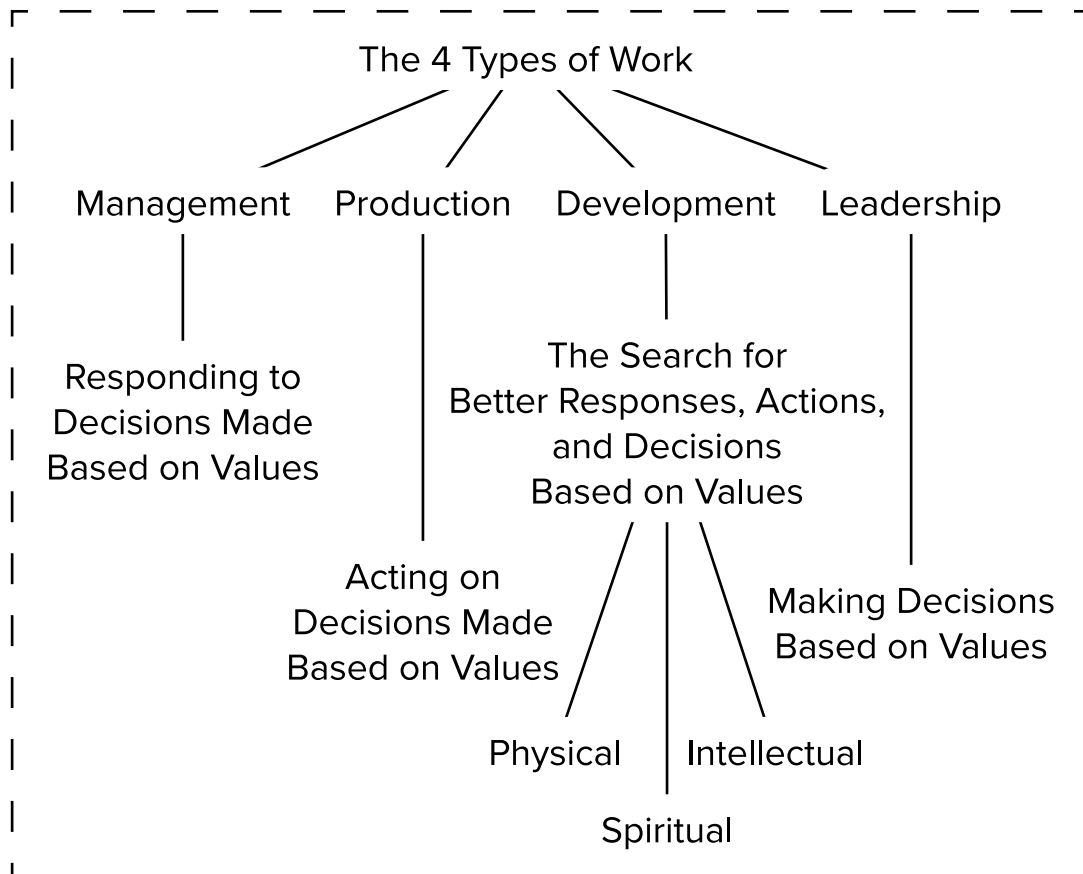You Should Pray. Every Day.

I Wanted Something Too Much, So I Tried Fasting.

This is Why You're Stressed, Exhausted, and in Debt

The One Decision That Frees You From Your Circumstances

How You Can Get Your Childhood Back

THE 4 TYPES OF WORK | *Define Your Work*

The 4 Types of Work

Management   Production   Development   Leadership

Responding to
Decisions Made
Based on Values

The Search for
Better Responses, Actions,
and Decisions
Based on Values

Acting on
Decisions Made
Based on Values

Making Decisions
Based on Values

Physical   Intellectual

Spiritual

FURTHER READING

Management:

4 Steps for Surviving Evenings With a Large Family

Production:

Do You Work Alone Everyday? Fight for the Users.

Think Multitasking is Hard? Try Multifunctioning.

No Time is the Best Time for a Passion Project

We Don't Need More Stuff, We Need More Value

Development:

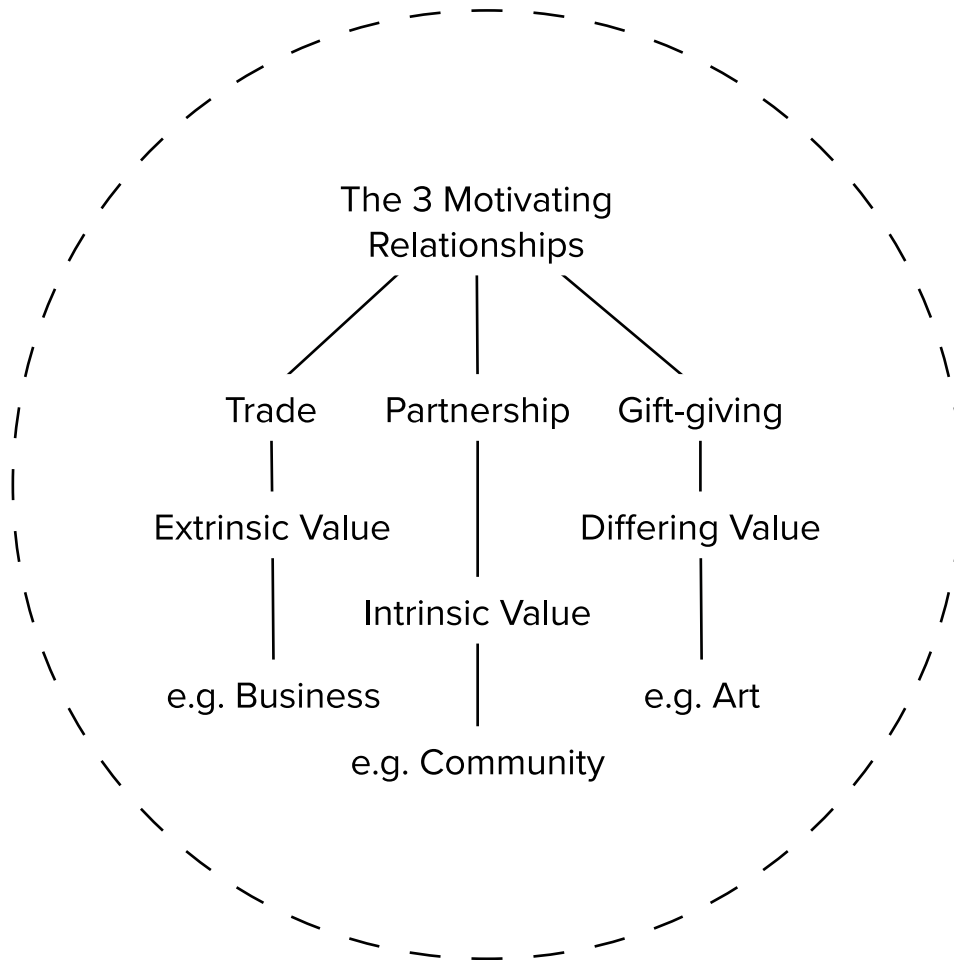Find Treasure by Writing One Word

I Ran a Marathon. You Totally Can.

Leadership:

The Difference Between a Drifter and a Leader

Plan Your Next Year by Following Your Heart. Carefully.

THE 3 MOTIVATORS | *Define Your Relationships*

The 3 Motivating
Relationships

Trade   Partnership   Gift-giving

Extrinsic Value   Differing Value

Intrinsic Value

e.g. Business   e.g. Art

e.g. Community

FURTHER READING

We Don't Need More Stuff, We Need More Value

Trade:

The Difference Between a Drifter and a Leader

Nobody Needs You to be Clever, They Need You to Care

You Let Someone Down. Here's How You Can Make Up for It.

You Need 1000 True Fans. I Have 12.

Partnership:
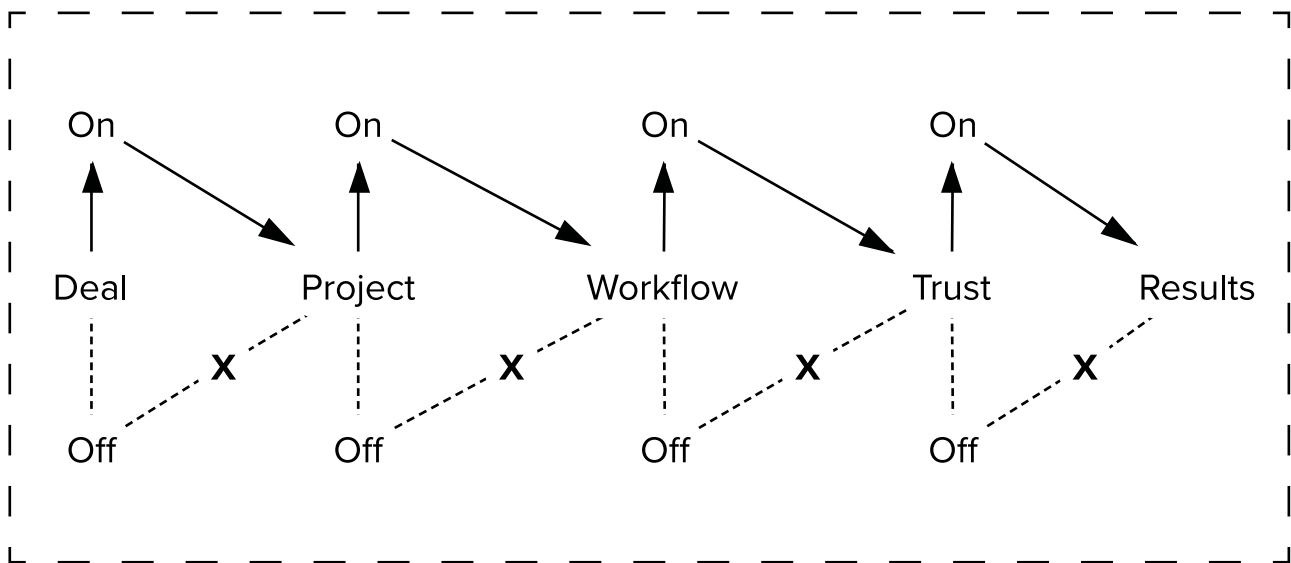
The One Decision That Frees You From Your Circumstances

Guy's Night Out? My Wife Won't Let Me.

Gift-giving:

No Time is the Best Time for a Passion Project

A WORK CIRCUIT | *Define Your Problems*

On   On   On   On

Deal   Project   Workflow   Trust   Results

X   X   X   X

Off   Off   Off   Off

FURTHER READING

Deal:

You Let Someone Down. Here's How You Can Make Up for It.

We Don't Need More Stuff, We Need More Value

Project:

Guy's Night Out? My Wife Won't Let Me.

Think Multitasking is Hard? Try Multifunctioning.

Workflow:

Do You Work Alone Everyday? Fight for the Users.

How to Accomplish Your Goals Without Conscious Effort

4 Steps for Surviving Evenings With a Large Family

Trust:

Our Favorite Movies Are Lying to Us

How You Can Get Your Childhood Back

There you have it, 5 stages of definition.

You can start using them today. You can start *defining*, *measuring*, and *managing* your life towards a better future. Not just for yourself, but for everyone and everything in the world that falls under your influence.

Where do we go from here?

Well, if you haven't already signed up for my email list, please go to adamleerosenfeld.com and sign up. You'll get updated on all my new blog posts and you'll be notified first about the upcoming HighRoad webinar. It's a webinar where I'll delve into each stage of definition in an in-depth, comprehensive way. I'll also offer practical tips, including the best apps and practices for weekly action planning and long-term goal-setting based on the 5 stages of definition.

Anything else you'd like to ask me? Just wanna say hi?

Feel free to shoot me an email here: adam@adamleerosenfeld.com

Or follow me on Twitter: @AdamLRosenfeld

Disclaimer

This is a life planning blueprint. It's based on my experience as a father, an entrepreneur, a worker in a non-profit organization, and an artist. I'm not a licensed counselor or health worker - the only license I have is for driving a car. I have been using parts of this blueprint for the past 5 years, during which I've developed it and added stages. I use it to manage my life, and time after time it has not let me down. I am not responsible for decisions you make based on this blueprint, or their outcomes. I am committed to helping you get results that are as good as or better than mine, but I can't guarantee them.