

# An AI Assistant Powered by FQ3C

*A new approach to quality and efficient goal setting*

## At a glance

This case study demonstrates the significant efficiency gains and broad applicability of the FQ3C goal-setting model when integrated into an AI assistant, showcasing its effectiveness for users of all ages, from high school onwards

## Key metrics

Structured prompting by the AI using FQ3C significantly reduces the back-and-forth typical in unguided goal setting. This leads to a much faster initial goal articulation and fewer revisions.



2

Comprehensive Goals



30

Estimated Hours Saved



Productivity



[www.FQ3C.com](http://www.FQ3C.com)



Greenville, South Carolina

## CHALLENGES



- Traditional Goal Setting Inefficiency
- Lack of Structure and Comprehensive Planning
- Limited Applicability Across Demographics
- Time-Consuming Iteration

## SOLUTIONS



The implementation of an AI assistant programmed with the FQ3C (Focus, Quantity, Parameters, Continuity, Conclusion) model provides a comprehensive and efficient solution for goal creation and analysis:

- **Structured Goal Definition:** The AI guides users through each FQ3C component, ensuring goals are thoroughly defined from the outset.
- **Comprehensive Planning Integration:** The model inherently prompts for Micro and Macro Breakdowns, ensuring detailed action plans and long-term milestones are established.
- **Age-Agnostic Applicability:** Demonstrated through examples like a high schooler's NIL contract goal and a more complex vehicle purchase, FQ3C proves effective for diverse user needs and ages due to streamlined Iteration with AI Guidance.

## BENEFITS



### Benefits One

1

**Efficiency Gains:** Users save "incomprehensible amounts of time" by leveraging the AI's FQ3C framework, which prompts for all necessary details upfront, minimizing revision cycles.

### Benefits Two

2

**Comprehensive Goal Definition:** The FQ3C model, through the AI, ensures that every goal includes a clear focus, quantifiable metrics, defining parameters, and a robust plan.

### Benefits Three

3

**Universal Applicability:** The model is highly adaptable and proven effective for users of "all ages from high school and beyond," addressing personal and professional aspirations.

# Niamiah



## case study

### Transforming Young Minds with FQ3C™ Goal Creation

Niamiah who is a 16 year old aspiring football player, like his older brother, and basketball player wants to secure his future in athletics. Current strain on the education system has left him on his own to figure out the next steps to accomplishing one of his most auspicious objectives of becoming an NIL contract holder before the age of 18 with contracts in either one or both sports of football and basketball

### CHALLENGES HE FACED

- School leadership failiure

When approaching his counselor with his goal of wanting to go to college they took his written goal and dismissed him without any follow-up

- Lack of clarity on objectives

He knew he wanted to do something with sports, but the only route was college and it was only materialized after witnessing his brother become a Division One football player in college.

- Incomplete ideation

Despite having a brother to watch go into college, he realized that he wanted to make it a profession and had no resource to use to expand his horizons and create the vision with compressive clarity to start taking action

### TRANSFORMATION STRATEGY

- Get Clear on Final Destination Parameters
- Use FQ3C™ Goal Assistants to obtain full completion of goal
- Start to plan with perfect clarity in mind
- Bring newly completed goal to leadership staff at school
- Begin productive activities leading towards accomplishing goal
- Accomplish objective in record time while utilizing FQ3C™ tracking tools

### RESULT

- Estimated 1 Years Savings

When asked, "How long would it have taken for you to have gotten to this level of comprehensiveness on your goal?" Neamiah's response was, "At least a year..."

- Extreme Confidence Boost

Niamiah expressed that he felt that his direction in life was more achievable and easier to understand. He also expressed that he felt confident in sharing his objective with friends and family as well as leadership with how clear and robust the goal was

- Extreme Action Taken

Through connections he reached out to an ex-NBA Milwaukee Bucks player and secured a time to meet with them to go over possible coaching on NIL and securing contracts

### CONCLUSION

Because of FQ3C™ and the FQ3C model Neiamiah made tremendous progress in less than 45 min whereby he didn't just end with this goal. he got clear on 5 life altering goals saving well over a year collectively and giving a confidence boost, due to clarity, that led to steps taken that could be traditionally seen as smart and difficult, but now were clear and easily achievable