

Case Study: 1 Years worth of goal creation in 30 minutes

Case Study Link: <https://gemini.google.com/app/497ddee0ec968791>

Name: Niamiah

Date: June 28th 2025

Age: 16

Sex: Male

Ethnicity: African American

AI Bot: Gemini

FQ3C Personas Stage: Prototype with source document

Duration: 34 minutes

Prior to goals interactions with Gabe and Watson subject used Leny to learn how to create a thorough goal

Interactions:

Before we get started with Gabe, please be aware that by using these personas, you agree to the terms and policies presented on

I would like to buy one three bedroom home in 5 years for 200,000 dollars how much would i need to save a year

I want to do a new goal

I want to use watson



I want to get a NIL contract for either basketball or football and I am 16 years old and I am 6' 3".

i would like to use gabe

Before we get started with Gabe, please be aware that by using these personas, you agree to the terms and policies presented on


I would like to buy a used ram 1500 how much money in particular would i need to save 2020 in about 2 years


Alright, here is Gabe's FQ3C goal for buying a used 2020 Ram 1500:


 **FQ3C Goal: Acquire a Used 2020 Ram 1500 in Two Years** 




Initial Goal Statement: To purchase a used 2020 Ram 1500 within two years, requiring a specific savings plan to cover the estimated cost.



FQ3C Elements:


Beginning Date: June 27, 2025 

Ending Date: June 27, 2027 

Quantity of action and/or quantity of desired outcome: Desired Outcome: Obtain 1 used 2020 Ram 1500. 

Quantity of Action: Save an estimated \$17,500 annually (assuming a \$35,000 target price).  
Parameter surrounding quantity: Vehicle: Used Ram 1500.  Model Year: 2020.


 Target Price: \$35,000 (estimated average for a used 2020 Ram 1500).  Savings
Frequency: Annual.

 Micro Breakdown (required minimum met within minimum desired measurement for activities):


Monthly: Save \$2,916.67.


 Weekly: Save \$673.08.

 Daily: Save \$96.15.


 Macro Breakdown (Assumed maximum met within the maximum desired measurement for activities): By June 27, 2026 (Year 1): Save \$17,500.

 By June 27, 2027 (Year 2): Accumulate \$35,000.

 Avatar(s): You (The Buyer): Your commitment to saving, researching vehicle prices, and engaging in the purchase process.

 The Used Car Market: Dealerships, private sellers, and online platforms where the truck will be purchased.

 Financial Institutions: Banks for savings accounts or potential auto loans.

 Value Statement: "To achieve the practical utility and personal satisfaction of owning a reliable used 2020 Ram 1500, demonstrating financial discipline and strategic planning to acquire a significant asset without incurring unnecessary debt."

💡 Belief Statement: "I believe that consistent and focused saving, coupled with diligent market research, will enable me to successfully purchase a used 2020 Ram 1500 within two years for the target price."

✨ Continuity Barriers (controllable): Unexpected Expenses: Unforeseen costs that could divert savings.

💰 Fluctuations in Income: Changes in income affecting the ability to meet savings goals.

📈 Vehicle Market Volatility: Changes in used truck prices over the two-year period.

📊 Lack of Research: Insufficient understanding of maintenance costs, insurance, or potential hidden fees.

🧑 Possible to overcome based on constraints: Budgeting & Tracking: Implement a strict budget to monitor and control spending, ensuring savings targets are consistently met.

📊 Emergency Fund: Establish a separate fund for emergencies to protect the truck savings.

🔍 Market Monitoring: Regularly check used vehicle listings (e.g., Kelley Blue Book, Edmunds, local dealerships) to track price trends and adjust savings if needed.

📊 Pre-Purchase Research: Thoroughly research typical maintenance costs, insurance rates, and common issues for the 2020 Ram 1500 model. 📖

Goal 2: I want to get a NIL contract for either basketball or football and I am 16 years old and I am 6' 3".

🧠 FQ3C Goal: Secure a NIL (Name, Image, Likeness) Contract in Basketball or Football by Age 18 🏀🏈

Initial Goal Statement: To obtain a NIL contract in either basketball or football before turning 18, leveraging my current age (16) and height (6'3").

FQ3C Elements:

Beginning Date: June 27, 2025 📅

Ending Date: [Assumed] June 26, 2027 (day before 18th birthday)

📅 Quantity of action and/or quantity of desired outcome:

Desired Outcome: Secure 1 NIL contract (minimum).

💰 Quantity of Action:

- Engage with 50-100 potential brand partners/agencies. 🤝
- Create and post 3-5 pieces of engaging content per week across relevant social media platforms. 📷
- Attend 5-10 high-profile basketball/football camps or showcases annually. 🏟️
- Initiate discussions with at least 5-10 NIL agents/advisors.
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📞 Parameter surrounding quantity: Sport: Basketball or Football. 🏀🏈 Age: Before 18th birthday. 🎂 Height: 6'3". 📏 Performance Metrics (Implicit but crucial): Consistent improvement in athletic skills, game performance, and academic standing to attract scouts and brands. 📈 Social Media Engagement: Achieve an average engagement rate of 5-10% on content. 🔥 Micro Breakdown (required minimum met within minimum desired measurement for activities): Daily:

- 1 hour of focused skill development for chosen sport. 🏃
- Research 2-3 potential NIL opportunities (brands, agencies, relevant news). 🔍
- Interact with 5-10 relevant accounts on social media (coaches, athletes, brands). 📱

Weekly:

- Post 3-5 high-quality content pieces (e.g., training drills, game highlights, lifestyle content, academic achievements). 📹
- Send 5 personalized outreach messages to potential contacts (e.g., introduction emails to small businesses, DMs to local brands). ✉️
- Review weekly athletic performance metrics and identify areas for improvement. 📊

Monthly:

- Meet with coach/mentor to discuss progress and strategy. 🤝
- Identify 1-2 key local or regional events/camps to attend. 📍
- Analyze social media analytics for growth and engagement trends. 📈 Macro Breakdown (Assumed maximum met within the maximum desired measurement for activities): By December 27, 2025 (6 months):
- Developed a strong personal brand presence across 2-3 key social media platforms. ✨
- Attended at least 2 major camps/showcases. 🏟️
- Identified a target list of 20-30 potential brand partners. 🎯 By June 27, 2026 (1 year):
- Established preliminary connections with 1-2 NIL agents/advisors. 🤝
- Secured 1-2 small local endorsement deals or partnerships (e.g., free products, minor compensation). 📦
- Achieved measurable improvement in athletic performance (e.g., increased stats, team recognition). 💪 By December 27, 2026 (1.5 years):
- Actively engaged in negotiations or advanced discussions with 3-5 larger potential brand partners. 🗣️
- Received interest from college scouts or recruiters, enhancing marketability. 🎓 By June 26, 2027 (2 years/18th birthday):
- Successfully secured 1 or more significant NIL contracts. 📝 Avatar(s): You (The Athlete): Your athletic talent, work ethic, personal brand, and ability to engage with an audience. 🏃 Coaches/Trainers: Individuals guiding your athletic development and providing references. 🧠 Parents/Guardians: Providing support, transportation, and

guidance. 👥 Social Media Audience/Followers: The engagement and reach of your online presence. 🏢 Brands/Companies: Potential partners seeking athletes to promote their products or services. 🏷️ NIL Agents/Advisors: Professionals who can help navigate NIL opportunities and contracts. 🕵️ Scouts/Recruiters: Individuals who observe and evaluate athletic talent, influencing brand interest. 👁️ Value Statement: "To leverage my athletic abilities and personal brand to secure a NIL contract, providing financial opportunities and resources to further my athletic and academic career, while inspiring others through my journey." ☀️ Belief Statement: "I believe that with consistent hard work on and off the court/field, strategic personal branding, and proactive networking, my talent and potential will be recognized, leading to a valuable NIL contract before I turn 18." ✨ Continuity Barriers (controllable): Lack of consistent athletic improvement. 📉 Inconsistent social media presence or poor content quality. 📱 Failure to network effectively with coaches, scouts, and potential brands. 🏆 Poor academic performance impacting eligibility or marketability. 📖 Not understanding the legal and financial aspects of NIL contracts. ⚖️ Possible to overcome based on constraints: Dedicated Training Plan: Follow a structured training regimen to continuously improve skills and physical conditioning. 🏋️ Content Calendar & Strategy: Plan and execute a consistent social media content strategy focusing on quality, authenticity, and engagement. 📅 Proactive Networking: Attend camps, reach out to coaches, and connect with industry professionals on platforms like LinkedIn. 👥 Academic Focus: Prioritize studies to maintain strong grades and eligibility. 📖 Seek Expert Advice: Research and connect with reputable NIL agents or legal advisors to understand contract complexities. 🧑

Missing Elements from Your Initial Statement (Watson's Checklist): Your initial statement clearly identified your age, height, and the desired outcome (NIL contract in basketball or football). However, to form a truly complete FQ3C goal, the following elements were either missing or required me to infer and add specific details:

- **Beginning Date:** You implied you were starting now but didn't state a specific beginning date.
- **Ending Date:** While you mentioned "16 years old" and "NIL contract," the specific target date (e.g., before your 18th birthday) was not explicitly stated.
- **Quantity of action and/or quantity of desired outcome (for actions):** While you stated the desired outcome of "a NIL contract," the specific actions you would take to achieve this (e.g., number of brand outreach efforts, social media posts, camps attended) were not specified.
- **Parameter surrounding quantity (for actions):** The specific definition of "potential brand partners" or "high-profile camps," or specific performance metrics you aim for to attract attention, were not detailed.
- **Micro Breakdown:** No specific daily, weekly, or monthly sub-activities for athletic training, networking, or content creation were outlined.
- **Macro Breakdown:** No phased milestones for your journey over the next two years were provided (e.g., what you aim to achieve by 6 months, 1 year, etc.).

- **Avatar(s):** While you implicitly identified yourself as the athlete, other key people or entities involved in securing a NIL deal (e.g., coaches, parents, brands, agents, scouts) were not explicitly listed.
- **Value Statement:** The deeper "why" for wanting a NIL contract (e.g., financial independence, inspiring others, funding education) was not explicitly stated.
- **Belief Statement:** Your personal conviction and confidence in achieving this challenging goal (especially given the competitive nature of NIL) was not stated.
- **Continuity Barriers (controllable):** While you implicitly face challenges, a comprehensive list of controllable obstacles (e.g., inconsistent training, poor social media presence) was not fully articulated.
- **Possible to overcome based on constraints:** You hinted at your abilities, but the specific strategies to overcome the identified barriers (e.g., how to ensure consistent training, how to build a strong social media presence) were not detailed.