NOTES	

My 5-Year Plan For

20 - 20

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NOTES

This booklet will guide you in determining where you want to be five years from now and in setting the goals that will help you get there. Designed to give you focus and direction as you map out the next five years of your life, it will enable you to home in on the key areas by allowing you to prioritise what new skills you want to develop and what self-improvements you desire to make.

Five-year plans are especially useful if you are preparing for a new direction that will bring big changes to your life, such as:

- Going to college or graduate school
- Beginning a new job or career
- Retiring
- Buying your first home
- A major change in your family situation (e.g., getting married, having a child)

Whatever it is that you are trying to achieve, this booklet will take you stepby-step through the plan-making process. Turn the page to get started!

> "A goal without a plan is just a wish." — Antoine de Saint-Exupéry

NOTES

AREA OF FOCUS

Which areas do you want to focus on growing or making changes in over the next five years? *Check as many as you would like.*

\bigcirc Family	○ Personal Growth
\bigcirc Relationship	○ Travel
\bigcirc Social	\bigcirc Organisation
○ Career	\bigcirc Bad Habits
\bigcirc Finance	⊖ Balance
\bigcirc Health	\bigcirc Networking
\bigcirc Fitness	0
\bigcirc Happiness	0
\bigcirc Home	0
\bigcirc Creativity	0
\bigcirc Education	0
⊖ Fun	0
\bigcirc Giving	0
\odot Self Care	0

PRIORITISING

5-YEAR PLAN CLOSE-UP

20 _____

Goal:	Goal:
Steps to take this year:	Steps to take this year:
•	•
•	
•	
Goal:	Goal:
Steps to take this year:	Steps to take this year:
•	•
•	
•	
Goal:	Goal:
Steps to take this year:	Steps to take this year:
•	•
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•	•
Goal:	Goal:
Steps to take this year:	Steps to take this year:
•	•
•	
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1.

2.

3.

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7.

8.

5-YEAR PLAN CLOSE-UP

GOAL SETTING

	20	Within each area of focus, select you achieve it in five years.	ur primary goal and the steps it will take to
Goal:	Goal:		
Steps to take this year:	Steps to take this year:	Area of focus:	
•	•		
•	•	What exactly I want to achieve:	
•	•	what exactly I want to achieve.	
Goal:	Goal:		
Steps to take this year:	Steps to take this year:	Steps to achieve this goal:	
•	•	1	
•	•	2	
•	•	3	
		4	
		5	
Goal:	Goal:	6	
Steps to take this year:	Steps to take this year:		
•	•	Things I choose to start doing and sto	p doing in order to help me achieve
•	•	my goal:	
•	•	START DOING	STOP DOING
		1.	1.
Goal: Steps to take this year:	Goal: Steps to take this year:	2.	2.
		3.	3.
•		4.	4.
•	•	5.	5.

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

5-YEAR PLAN CLOSE-UP

20 _____

		Goal:	Goal:
Area of focus:		Steps to take this year:	Steps to take this year:
		•	•
What exactly I want to achieve:		•	•
,		•	•
		Goal:	Goal:
Steps to achieve this goal:		Steps to take this year:	
1		•	•
2		•	•
3		•	•
4			
5			
6		Goal:	
		Steps to take this year:	Steps to take this year:
Things I choose to start doing and	stop doing in order to help me achieve	•	•
my goal:		•	•
		•	•
START DOING	STOP DOING		
1.	1.		
2.	2.	Goal:	
3.	3.	Steps to take this year:	Steps to take this year:
4.	4.	•	
		•	
5.	5.	•	•

5-YEAR PLAN CLOSE-UP

GOAL SETTING

	20	Within each area of focus, select yo achieve it in five years.	ur primary goal and the steps it will take to
Goal:	Goal:		
Steps to take this year:	Steps to take this year:	Area of focus:	
•	•		
•	•	What exactly I want to achieve:	
•	•	what exactly I want to achieve.	
Goal:	Goal:		
Steps to take this year:	Steps to take this year:	Steps to achieve this goal:	
•	•	1	
•	•	2	
•	•	3	
		4	
		5	
Goal:	Goal:	6	
Steps to take this year:	Steps to take this year:		
•	•	Things I choose to start doing and sto	op doing in order to help me achieve
•	•	my goal:	
•	•		
		START DOING	STOP DOING
		1.	1.
Goal:	Goal:	2.	2.
Steps to take this year:	Steps to take this year:	3.	3.
•	•		
•	•	4.	4.
•	•	5.	5.

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5-YEAR PLAN CLOSE-UP

20 _____

	Goal:	Goal:
	Steps to take this year:	Steps to take this year:
	•	•
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	•	
	Goal:	Goal:
	Steps to take this year:	Steps to take this year:
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	Goal:	Goal:
	Steps to take this year:	Steps to take this year:
o me achieve	•	•
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DOING		
	Goal:	Goal:
	Steps to take this year:	Steps to take this year:
	•	•
	•	
	•	

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

Area of focus:

What exactly I want to achieve:

Steps to achieve this goal:

1.	
2.	
-	
4.	
6.	

Things I choose to start doing and stop doing in order to help me achieve my goal:

START DOING	STOP DOING
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

GOAL SETTING

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

Area of focus:

What exactly I want to achieve:

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

Area of focus:

What exactly I want to achieve:

Steps to achieve this goal:

1.	
2.	
-	
4.	
5.	
6.	

Things I choose to start doing and stop doing in order to help me achieve my goal:

START DOING	STOP DOING
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Steps to achieve this goal:

1.	
2.	
3.	
4.	
5.	
6.	

Things I choose to start doing and stop doing in order to help me achieve my goal:

START DOING	STOP DOING
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

GOAL SETTING

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

Area of focus:

What exactly I want to achieve:

Within each area of focus, select your primary goal and the steps it will take to achieve it in five years.

Area of focus:

What exactly I want to achieve:

Steps to achieve this goal:

1.	
2.	
-	
4.	
6.	

Things I choose to start doing and stop doing in order to help me achieve my goal:

START DOING	STOP DOING
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Steps to achieve this goal:

1.	
2.	
3.	
4.	
_	
6.	

Things I choose to start doing and stop doing in order to help me achieve my goal:

START DOING	STOP DOING
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.