

# five year plan

today's date \_\_\_\_\_

**directions:** take plenty of time in filling out this inventory - one section per day is fine. feel free to go back and change or elaborate your answers as you go along. the act of filling out this plan is a form of intentional magic, or prayer. asking for god, your ancestors, or other friendly spirits to help you, makes the exercise more powerful.

## my home

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

i want to live (where): \_\_\_\_\_

\_\_\_\_\_

my living space will have: \_\_\_\_\_

\_\_\_\_\_

i will live with (who or what): \_\_\_\_\_

\_\_\_\_\_

if i live with animals, i want them to be: \_\_\_\_\_

\_\_\_\_\_

my main daily transportation will be: \_\_\_\_\_

\_\_\_\_\_

i'll spend most of my weekends: \_\_\_\_\_

\_\_\_\_\_

i'll spend most of my winter holidays: \_\_\_\_\_

\_\_\_\_\_

i'll spend most of my summers: \_\_\_\_\_

\_\_\_\_\_

**my work**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

i want my main work in life to be: \_\_\_\_\_

\_\_\_\_\_

i'll feel committed to this work because: \_\_\_\_\_

\_\_\_\_\_

the challenging part of this work will be: \_\_\_\_\_

\_\_\_\_\_

if i have a "day job" that's different from my work, i want that job to be: \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

**my community**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

i want my closest relationship to be: \_\_\_\_\_

\_\_\_\_\_

i want most of my other relationships to be: \_\_\_\_\_

\_\_\_\_\_

people will be comfortable calling on me for: \_\_\_\_\_

\_\_\_\_\_

people will think of me as: \_\_\_\_\_

\_\_\_\_\_

i'll reach out to others by: \_\_\_\_\_

\_\_\_\_\_

**my joy**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

when i want to have fun, i will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

when i want to unwind, i will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will have enough time to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

my most creative activity will be: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i'll spend about this much time in creative activity: \_\_\_\_\_

my most satisfying spiritual practice will be: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i'll spend about this much time in spiritual activity: \_\_\_\_\_

i want sleep to be: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i want my sensual/sexual life to be: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**my fitness**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

**even if** i have some level of pain, or fatigue, or breathing trouble, or other limitations,

i want to be strong enough that i can: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will have enough endurance to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will be physically flexible enough to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i want to be able to walk, run, or roll (how far and how fast): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i want to be able to lift or carry (what): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will enjoy doing these indoor fitness activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will enjoy these outdoor activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will enjoy playing these kinds of games with others: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i'll be able to teach others how to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**my body**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

i want my skin to be: \_\_\_\_\_

i want my face to be: \_\_\_\_\_

i want my hair to be: \_\_\_\_\_

i want my eyesight to be: \_\_\_\_\_

i want my hearing to be: \_\_\_\_\_

i want my arms and legs to be: \_\_\_\_\_

i want my hands and feet to be: \_\_\_\_\_

i want my heart to be: \_\_\_\_\_

i want my appetite and digestion to be: \_\_\_\_\_

i want my overall body shape to be: \_\_\_\_\_

i want my back to be: \_\_\_\_\_

i want my breathing to be: \_\_\_\_\_

most of the time i'll feel: \_\_\_\_\_

most of the time i'll look: \_\_\_\_\_

**my life story**

**five years from now**, in the year \_\_\_\_\_, when i am \_\_\_\_\_ years old,

i will no longer worry about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will no longer regret: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will no longer be angry about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will no longer wish i were: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i will be ready to forgive (person/s): \_\_\_\_\_

for (action/s): \_\_\_\_\_

\_\_\_\_\_

i will have been be forgiven by (person/s): \_\_\_\_\_

for (action/s): \_\_\_\_\_

\_\_\_\_\_

i won't feel like doing this anymore: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

i won't be afraid to do this anymore: \_\_\_\_\_

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i will have left behind: \_\_\_\_\_

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i will no longer believe: \_\_\_\_\_

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i will have a healthy belief in: \_\_\_\_\_

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i'll be so glad i DIDN'T: \_\_\_\_\_

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and i'll be so glad i DID: \_\_\_\_\_

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the end... of the beginning

# first year goals

today's date \_\_\_\_\_

**one year from today**, i expect to have achieved these three major goals  
(not in any rank order - they are all important):

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

## reassessments:

what steps have you completed?

are you accessing the resources you need?

do you need to brainstorm new resources?

did obstacles or barriers arise?

make a plan for removing obstacles and barriers.

reassessment 1, three months from today, date \_\_\_\_\_

ideas for additional resources:

obstacles/barriers:

removing obstacles/barriers:

reassessment 2, six months from today, date \_\_\_\_\_

ideas for additional resources:

obstacles/barriers:

removing obstacles/barriers:

reassessment 3, nine months from today, date \_\_\_\_\_

ideas for additional resources:

obstacles/barriers:

removing obstacles/barriers:

reassessment 4, one year from today, date \_\_\_\_\_

## congratulations!

you've made it to the start of a new year.

time to review and re-adjust your five-year plan.

make new goals for your new year. hold on tight to all your dreams.

# how to achieve goal a

goal a is: \_\_\_\_\_

here are the first three steps toward achieving it,  
the resources that can help me with it,  
and the deadline for when i will assess my progress:

step 1. \_\_\_\_\_

\_\_\_\_\_

resources for step 1 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 2. \_\_\_\_\_

\_\_\_\_\_

resources for step 2 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 3. \_\_\_\_\_

\_\_\_\_\_

resources for step 3 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

how will i know when i have achieved goal a? \_\_\_\_\_

\_\_\_\_\_

# how to achieve goal b

goal **b** is: \_\_\_\_\_

here are the first three steps toward achieving it,  
the resources that can help me with it,  
and the deadline for when i will assess my progress:

step 1. \_\_\_\_\_

\_\_\_\_\_

resources for step 1 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 2. \_\_\_\_\_

\_\_\_\_\_

resources for step 2 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 3. \_\_\_\_\_

\_\_\_\_\_

resources for step 3 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

how will i know when i have achieved goal **b**? \_\_\_\_\_

\_\_\_\_\_

# how to achieve goal c

goal c is: \_\_\_\_\_

here are the first three steps toward achieving it,  
the resources that can help me with it,  
and the deadline for when i will assess my progress:

step 1. \_\_\_\_\_

\_\_\_\_\_

resources for step 1 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 2. \_\_\_\_\_

\_\_\_\_\_

resources for step 2 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

step 3. \_\_\_\_\_

\_\_\_\_\_

resources for step 3 (include phone numbers, costs, etc): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ deadline: \_\_\_\_\_

how will i know when i have achieved goal c? \_\_\_\_\_

\_\_\_\_\_