

Creating a Five Year Plan

by @[ViatheBay](#)

Step 1: Get the juices flowing.

Below are some questions that should help bring some dreams to light. Feel free to sit down with a friend/lover for a joyful date night and talk it over or write the answers down and take notes as new hopefuls pop up.

1. Think back on childhood. What did you want to be when you were a kid? What did your future look like to you? What did you think you'd be doing at this age?
2. How did people describe you as a child? Is there a bit of you as a youth that has been lost that you'd like to get back?
3. Who do you admire most? Why do you admire them?
4. When you are your most relaxed and happy- where are you? What are you surrounded by? What did the day look like?
5. When you are your most excited and thrilled- where are you? What are you surrounded by? What did the day look like?
6. What do you always find yourself wishing you had more time for?
7. What habit do you currently practice but wish you did less of?
8. Describe visits with your family. What is most enjoyable? What makes you uncomfortable?
9. Are there things you love to enjoy that you might try creating yourself? (For example: books, television, meals, musical lyrics etc.)
10. What are three things you are really good at? What are three things you'd like to be really good at?
11. What was the best trip you ever went on? Why was it so wonderful? What other places might make you feel the same joy that you'd like to visit?
12. What are three places you'd love to see in your lifetime?
13. What was the best job you ever had? What made it the best?
14. What are three things you like about your current job? What are three things you dislike?
15. Who is the greatest friend you've ever had? What made them such a great friend?
16. What is the nicest thing you have ever did for someone? What is the nicest thing someone has ever done for *you*?
17. Describe your spirituality. Has it waxed and waned over the years? Has it evolved or stayed constant? What was a time you felt most connected to your beliefs?
18. Who in your life brings you the most joy?
19. What small unexpected thing brought you a surprising amount of happiness recently?
20. Right now, at this moment, do you have everything you need to feel fulfilled? Why? Why not?

Step 2: Create a list.

Think about all the things you would like to accomplish in the next five years and place them into the below categories. Do not rule anything out for being too outlandish or too expensive. It will be narrowed down later :-).

You have two options. Would you like more guidance or less when it comes to creating your list? If you'd prefer to do most of the brainstorming on your own, proceed to part A. If you'd like some big picture ideas which are then broken down into more digestible chunks, jump on down to part B.

Part A: Big Picture Categories

1. Health (fitness/ spirituality/ mindfulness):
2. Relationships (partner/ family/ friends):
3. Skills (knowledge/ hobbies/ creative accomplishments):
4. Travel (domestic/ international):
5. Career (business/ money):
6. Home (location/ dwelling):
7. Service (volunteering/ activism/ for the planet):

Part B: Categories and Subcategories

*Tip: It can be helpful to write down what you already do to think of all the practices that fall into these categories. This piece is not required to have a fabulous fully fleshed out plan.

Health (fitness/ spirituality/ mindfulness)	
Everyday activities (e.g.: 5 minutes of meditation, less coffee) •	Weekly activities (e.g.: attending yoga) •
Annual activities (e.g.: running a marathon) •	Spirituality (e.g.: spend time learning about a new religion) •
Other •	

*Health practices I have already achieved:

Relationships (partner/ family/ friends)	
Friends (e.g.: write postcards to far away friends, host a bi-monthly dinner) •	Family (e.g.: plan a big family reunion) •
My partner (e.g.: find one new activity to share) •	As parents (e.g.: co-create new family traditions on X-mas with kiddos) •
Other •	

*Best practices in my relationships I have already established:

Skills (knowledge/ hobbies/ creative accomplishments)	
Subjects you might take in school (e.g.: feel more versed in modern art) •	Practical skills (e.g.: learn to change a tire) •
Creative accomplishments (e.g.: write and publish a novella, learn the guitar) •	Other

*Groovy skills I already possess:

Travel	
Within driving distance •	Domestic flight •
International •	Other

*Travel I already take:

Career (business/ money)	
My career (e.g.: become “Director” level) •	Business endeavors (e.g.: post to Etsy shop more, make a website) •
Money (e.g.: put \$x in savings every 2 weeks) •	Other

*Aspects of my career I feel accomplished in:

Home (location/ dwelling)	
Location (e.g.: live on the East Coast) •	My home (e.g.: retile the bathroom, get a place with a garage) •
Community (e.g.: become a regular at _____) •	Other •

*Things I love about my home:

Service (volunteering/ activism)	
Volunteering (e.g.: tutor at the library) •	Activism (e.g.: attend the Women’s March in DC) •
For the planet (e.g.: have more recycling than landfill) •	Other •

*Acts of service I have already committed to:

Step 3: Rank your preferences.

Start by putting a star* near the goals you feel most drawn to.

Next, highlight each goal in one of the below colors based on feasibility.

I can do this and I can do this soon!

- Inexpensive
- Low planning
- Minimal time needed

It takes planning but it's possible

- Some saving
- Some planning
- Some time is needed

It's a stretch but I still want it

- Pricey
- Lots of planning
- Extended time needs to be taken

Step 4: Write your five-year outline.

Some of us may want to pause here, keep our list as is and see what we can check off. If you want to narrow things down a bit, keep on reading.

Try as you might, you most likely can't fit everything into the next five years (because *damn, ain't nobody got time for that*) and that is perfectly okay. These are goals, occasionally big lofty ones, and it's important to remember they are not stagnant. New goals pop up and old ones fade away- that's a part of life! After all, if we held onto our goals from the fifth grade we'd all be the proud owners of an ice cream shop and a menagerie of animals, saving up to buy the nearby Six Flags (just me?). This is a guide to help remind you of the big picture when things can seem difficult to grasp.

- Pull 5-10 green goals and plop them into the "by 2021" bucket. Place the goals you put a star by at the top.
- Pull 5-10 yellow goals and put them into the "by 2023" bucket. Place the goals you put a star by at the top.
- Pull 1-5 red goals and put them into the "by 2025" bucket. Place the goals you put a star by at the top.

By 2021, I hope to:
By 2023, I hope to:
By 2025, I hope to:

Step 5: Decide when to check in.

Writing down goals is useless if you don't check in with them every once in a while. Set a time to review your list that feels comfortable and not too daunting. Are you and a friend thinking of creating your own unique plans? What about putting a calendar invite for you two every four months for a lil coffee gab sesh? That way you're not forcing anything down your own throat but are giving yourself time to see how the year has progressed both on and off your list. It can be these times when you start creating a loose plan for the *how* you're going to make some of these things happen (hey, this is just an outline, not a how to guide after all). As you accomplish some of your goals, you can add new ones/ create a new timeline for completion.

Above all, keep it light, don't stress, and enjoy what comes at you. Some years feel like we're trudging through snow and everything we wanted to have happen has suddenly slipped into the rearview mirror. Other years, or decades, are filled with possibility and luck. We only have control over so much, but that doesn't mean the future is entirely out of our hands. As Josey Grossy would say, "I can grab a bull's balls." #NeverBeenKissed #ItsNotWeirdISwear.