

Five Year Plan

Instructions for Completion

Category Descriptions

- Physical: Goals related to one's physical appearance, such as weight, fitness, or style.
- Social: Goals related to social activities and platonic relationships.
- Financial: Goals related to personal finances.
- Marital/Relationships: Goals related to marriage or romantic relationships.
- Family/Parental: Goals related to relationships with family, including children.
- Educational/Intellectual: Goals related to education or intellectual improvement.
- Vocational: Goals related to one's professional life such as job or career.
- Spiritual: Goals related to one's spirituality or religion.
- Emotional: Goals related to one's emotional and mental well-being.
- Avocational: Goals related to hobbies.

Tips for Completion

- Choose the categories that you would like to create goals for. Only complete pages that apply to the categories that you would like to set goals for.
- For each category, you may have one or more goals. If you have more than two goals for any given category, print a duplicate copy of the desired category.
- Use the SMART formula for creating goals. SMART stands for Specific, Measureable, Achievable, Results-focused, and Time Bound.
- Revisit your plan at regular intervals such as monthly or quarterly. Revise and update as needed.

Start Date _____

Goals at a Glance

Category	Goal
Physical	
Social	
Financial	
Marital/ Relationships	
Family/ Parental	
Educational/ Intellectual	
Vocational	
Spiritual	
Emotional	
Avocational	

Start Date _____

Physical

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Social

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Financial

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Marital/Relationships

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Family/Parental

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Educational/Intellectual

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Vocational

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Spiritual

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Emotional

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes

Start Date _____

Avocational

Goal	Strategy	Year 1 Milestones	Year 2 Milestones	Year 3 Milestones	Year 4 Milestones	Year 5 Milestones

Resources

Notes