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# HOW TO CREATE A 5-YEAR PLAN FOR YOUR LIFE

Did you plan out the last five years of your life? Unfortunately, most people don't plan that far ahead. We often don't even plan out the next day.

Imagine how much you could accomplish over the next five years if you made a reasonable plan and stuck to it. Without a plan, your life is unlikely to change much. So instead, you put yourself at the mercy of luck.

## CONSIDER THESE ASPECTS OF YOUR LIFE:

**Finances.** Think about where you want to be financially. Consider income, net worth, debt, savings, and investments. Are there new income streams you want to create? What are your plans for spending? Do you want to purchase a house? A boat? An investment property?

**Health & Fitness.** What are your current health challenges? How much do you want to weigh? What type of diet do you want to follow? How fit do you want to be?

**Career.** Where do you see yourself in five years? Where do you want to be working? What do you want to be doing? Do you need to upgrade your qualifications? What is your dream job?

**Relationships.** Are there any relationships you'd like to create or dissolve? Do you want to have children or more children? Improve your relationship with your significant other?

**Personal Development.** Do you want to learn to speak Spanish or to play the piano? Would you like to learn how to dance? What would you like to learn or become? What skills do you need to acquire to make the most of the next five years?

**Adventure & Travel.** What would you like to do? Climb a mountain? Go skydiving? Or see a volcano? What adventures would you like to experience over the next five years?

## Other areas of your life.

Self-Care

Spirituality / Religion and faith

Community

Creativity/ hobbies / crafts

An alternate method is to use your roles in life. For example, parent, son/daughter, spouse, home maker, sibling, profession (teacher), volunteer, employee, student, gardener, artist etc.



Write down what you want for each of these areas of your life. Once that is complete, begin planning for the future. It's not enough to know where you're going. You must plan your path to get there too.

THESE STRATEGIES WILL HELP YOU TO CREATE A PLAN AND EXECUTE IT:

**Set goals.** Create a few plans for each area of your life and set deadlines for each goal. Avoid just having long-term goals. Instead, it's crucial to have shorter-term goals that lead up to your bigger goals.

**It's hard to maintain focus on goals that require more than 10 weeks to reach.** So instead, break your goals down into smaller chunks.

[Download my SMARTER Goals worksheet.](#)

**Write a plan.** You know what you want to accomplish. You have goals. Create a detailed plan about what you want to achieve over 10-week segments of time. Then, just start at the end and keep working back to the present day. Make beginning simple enough that you can do something today.

**Create habits.** Goals are easy to achieve if you can create the proper practices. The challenge is figuring out the right habits and then implementing them. **With effective habits, success is a cinch.**

There's a lot of material available on how to create habits. Educate yourself. It's an incredibly valuable skill to have.

**Choose a direction for your life by choosing a destination.** Most people fail to plan their lives in any meaningful way. We often keep our focus too short of creating anything substantial in the future. A 5-year goal is a good step toward making impressive changes in your life.

**“Planning is bringing the future into the present so that you can do something about it now.”**

*Alan Lakein*  
Author