

# My 5 Year Plan



**The Blog I Wish I Had**

*Helping you create a life that feels good*

# *Hello Beautiful Soul!*

*Welcome to the ultimate 5 year planner!*

*I'm so excited you're being proactive about turning your life around for the better.*

*As Dr. Joe Dispenza said, the most effective way to predict your future is to create it; And creating the future of your dreams is exactly what this workbook is here for.*

*Remember that you can always come back to add new points or make changes to any of the steps. As long as you have some sense of direction you'll get much closer to living the life of your dreams.*

*Take care,*

*Soraya*

*Step 1:* Get clear on who exactly it is you want to be, and from this moment on, always behave the way that person would.

For example: I want to be that healthy person that doesn't eat sugar. From this moment on, always say no to sugar. Always buy healthy foods at the grocery store. That is what this version of you would do. After some time, this will become a habit and you'll automatically identify as a healthy, sugar-free person.

*I want to be...*

# Step 2: *How can I change the things I don't like?*

For example: I don't like that I don't have good sleep hygiene, so I can change that by having a strict routine and turning all screens off by 8pm.

*I can change \_\_\_\_\_ by...*

*Step 3: If my desires were guaranteed,  
what would my dream life  
look like? How would it feel?*

For example: I would live in the woods but have a condo in the city to go out on weekends. I would have enough money to travel frequently, and be surrounded by friends who want to go on adventures together.

*In my wildest dreams...*



# Step 4:

*Keeping your answers from steps 1 through 3 in mind, now it's time to make a plan*

On this calendar-chart, write down when you would like to have your goals achieved. Also include future possibilities that you may not yet be sure of, but are interested in. For example, say you want to get into grad school 2 years from now, but you're not sure if you'll get in, or you're not 100% sure you even want to go. Write out what your next 5 years would look like if you got in, and what they would look like if you didn't.

Also, make sure you include all the possibilities, because you never know what surprises the future will bring. For example, if there are 3 different festivals you're interested in going to but you're not sure if you'll get the vacation time or the money to go, write them on the calendar-chart anyways. It may seem like it's not possible to go now, but if the opportunity arises, it'll be good to have it on your chart so you know what to do with your life.

Finally, I'd recommend putting this chart somewhere you can see it, so you're reminded of your plan.

*Year 1:* \_\_\_\_\_

<i>January</i>	
<i>February</i>	
<i>March</i>	
<i>April</i>	
<i>May</i>	
<i>June</i>	
<i>July</i>	
<i>August</i>	
<i>September</i>	
<i>October</i>	
<i>November</i>	
<i>December</i>	

*Year 2:* \_\_\_\_\_

<i>January</i>	
<i>February</i>	
<i>March</i>	
<i>April</i>	
<i>May</i>	
<i>June</i>	
<i>July</i>	
<i>August</i>	
<i>September</i>	
<i>October</i>	
<i>November</i>	
<i>December</i>	



*Year 3:* \_\_\_\_\_

<i>January</i>	
<i>February</i>	
<i>March</i>	
<i>April</i>	
<i>May</i>	
<i>June</i>	
<i>July</i>	
<i>August</i>	
<i>September</i>	
<i>October</i>	
<i>November</i>	
<i>December</i>	

*Year 4:* \_\_\_\_\_

<i>January</i>	
<i>February</i>	
<i>March</i>	
<i>April</i>	
<i>May</i>	
<i>June</i>	
<i>July</i>	
<i>August</i>	
<i>September</i>	
<i>October</i>	
<i>November</i>	
<i>December</i>	

*Year 5:* \_\_\_\_\_

<i>January</i>	
<i>February</i>	
<i>March</i>	
<i>April</i>	
<i>May</i>	
<i>June</i>	
<i>July</i>	
<i>August</i>	
<i>September</i>	
<i>October</i>	
<i>November</i>	
<i>December</i>	

Define  
yourself by  
your vision  
of the future.

