



Step 2

Ask yourself "why?"



Step 3

Get your plan on paper

How to Create a 5-Year Plan

(WITH EXAMPLES)



Step 4

Give yourself checkpoints



Step 5

Adjust as time goes on

What do an Uber driver, a pilot, and a tour guide all have in common? They all know where they're going, or at least have a map (at least we'd hope so...especially when you're 30,000 feet in the air).

Without creating a plan or a map of your goals, it's hard to see where you're headed. You'll certainly end up somewhere, but you won't arrive on your own terms.

A 5-year plan helps you visualize where you're going, which, in turn, can help you arrive at your desired destination more easily. It can also help you break down your overall plan into smaller, short-term goals, providing you with checkpoints to track your progress.

If you don't already have a map for where you're headed, here's what you need to know to create a 5-year plan you'll actually stick to.





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What is a 5-Year Plan?

A 5-year plan is a list of goals, often personal or professional, that you want to achieve in the next 5 years. It could include goals regarding your career, finances, relationships, experiences, health, and spirituality, among others.





Why You Need a 5-Year Plan

If the question “Where do you see yourself in 5 years?” sends you into full on panic sweats, you’re not alone (but it may be a sign you need a 5-year plan).

Believe it or not, [less than 3 percent](#) of Americans have written goals, and less than 1 percent review them on a regular basis. That said, there’s actually a direct correlation between setting goals and accomplishing them. In fact, when you write down your goals, you’re 33% [more successful](#) in achieving them.

While it may seem daunting to think 5 years into the future, getting your goals on paper is psychologically proven to help you achieve them.



5 Steps for Building Out Your 5-Year Plan

Step 1: Get Real with Yourself

To set realistic, achievable goals for your 5-year plan you need to get real with yourself. What do you really want?

If you haven't thought long and hard about this before, consider doing a [vision meditation](#). I know, I know. The idea of sitting with your eyes closed for 20 minutes while listening to someone speak about the future in a slow, soft tone sounds creepy. But hey, don't knock it till you try it.

When you envision your future, what do you see? If you can't quite think of anything, ask yourself a few questions within each of the following categories:



Career:

- What type of work do you want to do?
- How do you want to feel when you show up to work?
- Do you want to expand your professional network?
- Are there any new skills you want to develop?
- Do you want to earn a degree within your field?

Financial:

- In 5 years, how much money do you envision in your bank account?
- In your retirement account?
- In savings?
- How much do you make each year?
- What does your money mindset look like currently? Does it need to change?

Relationships:

What do you want your future friendships, professional relationships, familial relationships, and romantic relationships to feel like?

Do you want a partner?

Do you want children?

Are there relationships you currently have that you'd prefer you don't have in 5 years?

Experiences/Recreation:

What hobbies have you always wanted to try?

What experiences have you been dying to have?

What is fun to you, and are you incorporating enough of it in your day-to-day life?

Health:

Are you experiencing any health issues currently?

Are you unhappy with certain aspects of your health?

Would you like to implement new healthy habits?

What do you want your mental, physical, and emotional health to look like in 5 years?

Spirituality:

How do you intend to grow personally or spiritually?

Is there a spiritual or religious practice you'd like to implement?

Are there activities, such as prayer or meditation, that you'd like to incorporate into your life?

The goals you set shouldn't be things you've already achieved or are close to achieving. Try to reach beyond your comfort zone when deciding which goals to focus on.



Step 2: Ask Yourself “Why?”

This is where we throw out all the because-someone-else-told-me-I-should stuff. This is your 5-year plan, not your mom/dad/grandma/grandpa/bestie’s plan.

Before moving forward with any of the goals you’ve come up with, ask yourself why you set them. Is it because that’s what you truly want, or because you feel that’s what’s most practical? Are your goals based on what you want moving forward, or where you’ve been in the past?

Remember: No “why” is selfish. This is about you.

Step 3: Get Your Goals on Paper

For a 5-year plan to work, you have to be able to remember what you’re working toward. So, once you have your goals nailed down, write them down somewhere. Whether it’s in [Notion](#), a Google Doc, or a sticky note taped to your forehead, get your plan written down.

Make sure wherever you put your plan is somewhere you can see it. For example, only use Notion if you open Notion every day already. If you use a Google Doc, consider printing it out and hanging it on your wall.

Step 4: Give Yourself Checkpoints

Once you've got the broader goals in your 5-year plan set, break them down into smaller action steps, or checkpoints. These checkpoints will serve as a way to know whether you're on track toward your goals, helping you measure your progress along the way.

Step 5: Adjust as Time Goes

Be open to adjusting your plan as time goes on.

I mean, think about it like this: If you set directions in Google Maps, but missed a turn along the way, the map would adjust. You're still on track to your destination, your path just looks a bit different.

Could you imagine if Google Maps said, "Yeah, sorry you missed that exit back there. You're going to have to put it in reverse on the highway. There's no other way to get where you're going."

Your 5-year plan is a map toward destinations you choose. Give yourself the time and space to evaluate your goals as time goes by. Don't be afraid to make adjustments, even if that means delaying the timeline.

Ask yourself:

Do these goals still align with what I want?

Am I on track to achieving them, or do I need to adjust my checkpoints?

What do I need to change, if anything, to achieve these goals within my desired timeline?

5-Year Plan Example

If you're a visual learner, this one's for you. Here's an example of a simple 5-year plan with two main goals:

Goal	Year 1 Checkpoint	Year 2 Checkpoint	Year 3 Checkpoint	Year 4 Checkpoint	Year 5 Checkpoint
Save \$50,000 for a downpayment on a home	Save roughly \$833/ month End the year with \$10,000	Save roughly \$833/ month End the year with \$20,000	Save roughly \$833/ month End the year with \$30,000	Save roughly \$833/ month End the year with \$40,000	Save roughly \$833/ month End the year with \$50,000
Start a company	Apply for a new job with a higher salary or ask my boss for a promotion.	Use that higher salary to save \$2,500 per month. End the year with \$30,000.	Use that \$30,000 to order product samples and get a website up.	Develop social media channels to market the company online. Launch the website to the public.	Expand the company to sell products outside the United States.

Want help organizing your finances so you can better carry out your 5-year plan?

Go to tryboost.com and sign up for the Waitlist!

