

Life Coach Manchester*

Giving You the Confidence to Embrace Your Destiny

Simple Five Year Plan

The idea behind a life-plan is to help you find out where it is you want to be heading in your life, but more importantly, how to take simple and practical steps towards making your dreams come true.

Where would you like to be in five years time? Can you imagine yourself being significantly healthier and wealthier? Can you see yourself becoming a generally happier, calmer and more relaxed individual? Or can you sense the excitement of being even more successful in all areas of your life?

It doesn't have to be a very detail plan, just a sketch, an outline; I find it works best if you plan backwards.

Year 5 –

Year 4 –

Year 3 –

Year 2 –

Year 1 –

Now you can begin to run towards your future - even though this plan may change, at least you've now got a much clearer idea and vision of where you are going.