

Independent Living Program Activity Card

Category: Looking Forward

Activity: Your 5-Year Plan

Description: **The objective of this assignment is to:** Help you build a five-year plan that focuses on at least three parts of your life. You will fill out a given template with your personal goals for the next five-years.

How do I get credit for this assignment?

- Read through all of the information provided
- Complete the assignment by brainstorming some goals you would like to accomplish in the next 5 years and steps you will take to get closer to completing them.
- Email the completed work along with this cover sheet to: Michelle Estrada at mestrada@orangewoodfoundation.org

You may earn \$15.00 ILP dollars for completing this assignment.

Total Dollars Earned:

\$

(ILP Use Only)

Notes:

Goal:

None

Date: _____

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

Receipt
(ILP Use Only)

What is a five-year plan?

A five-year plan is a list of personal or professional goals that you want to achieve within the next five years. It often includes ambitions with specific timelines and measurements. This short-term plan provides concrete goals to work towards and makes it possible to develop smaller goals to help you achieve your five-year plan's larger goals.

Why might this be important?

Having a plan, whether it is a five year, two years, or one year plan can increase the likelihood that you achieve whatever your goals might be. It's a way to clarify your goals, set timelines, and keep yourself accountable and focused on your achievements.

Steps to completing the five-year goal template

1. Come up with two additional areas in your life you'd like to set a goal for (health, relationships, recreational, etc.) and fill them in on the blank Goal boxes.
2. Think of an ultimate goal you would like to achieve in a specific area in your life (education, health, etc.) and place that in Year 5.
3. Come up with smaller goals that are achievable that will help you get to the 5-year goal.
4. Start with something that is easier, and slowly work your way up to the main goal.

TO COMPLETE ACTIVITY

Complete a Five-Year Plan using the provided template.

<i>Goals</i>	<i>Year 1</i>	<i>Year 2</i>	<i>Year 3</i>	<i>Year 4</i>	<i>Year 5</i>
<i>Personal</i>					
<i>Career/Education</i>					
<i>Financial</i>					

Example:

<i>Goals</i>	<i>Year 1</i>	<i>Year 2</i>	<i>Year 3</i>	<i>Year 4</i>	<i>Year 5</i>
<i>Health</i>	Stick to a healthy diet/ meal prepping	Continue fitness routine and implement vitamins to diet	Run every day at least 3 miles	Run a half marathon	Run the New York City marathon.
<i>Professional</i>	Finish last internship of 2021	Get first part-time job as a new Human Services graduate	Work part-time to obtain clinical training	Begin working full-time at a non-profit or other agency	Apply for a job as a therapist doing private practice
<i>Financial</i>	Quit going out to eat every weekend	Commit to eating out only once a month	Save at least 10% of income in savings account	Increase monthly savings by 5%	Have at least 10k saved