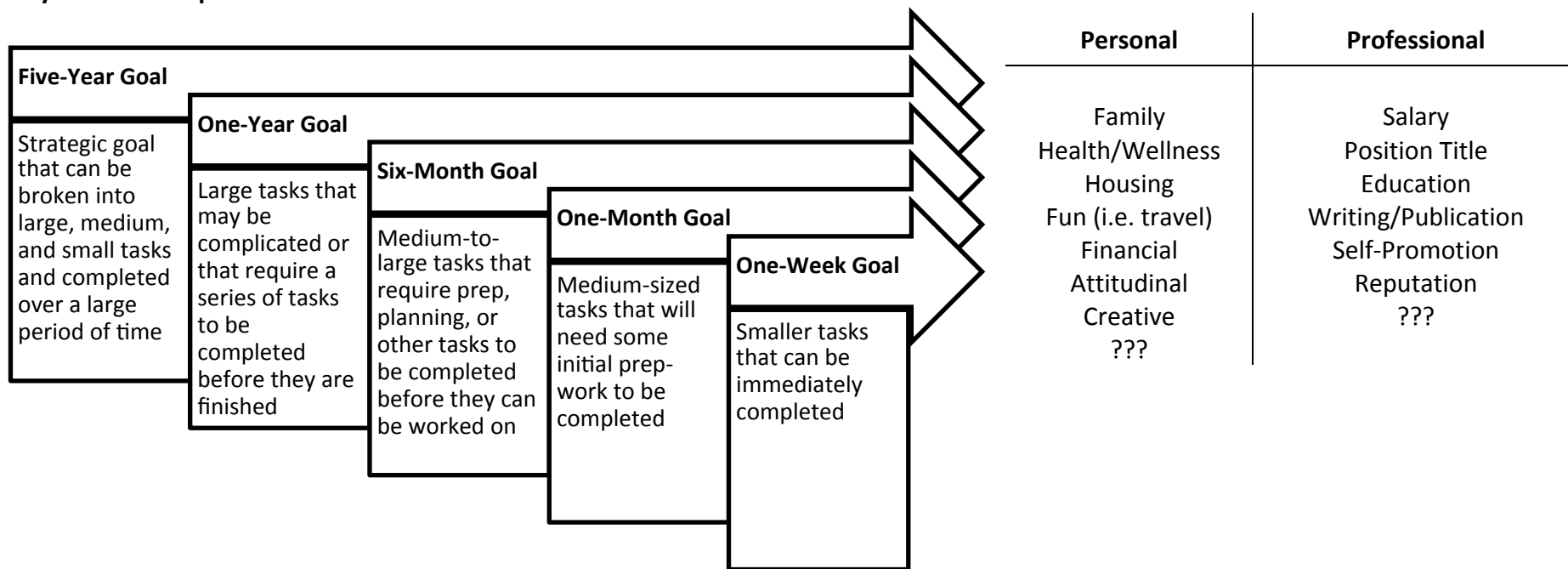


How do you eat an elephant? One bite at a time.



Questions to consider:

- How old are you in five years? How old is your partner, your children, and your parents?
- Where are you living five years from now?
- How do you want to feel five years from now?
- When you picture yourself in five years, what do you see?
- Are there significant changes that need to be made in the next five years, or are you generally on the same trajectory as right now?
- What areas of your life are most important to develop in the next five years given your age and other life contexts?

SMART Goals

- S** – Specific
- M** – Measurable
- A** – Attainable
- R** – Relevant
- T** – Time-bound

Set goals that you have the means/skills/power to accomplish (i.e. achieving the goal is not dependent on someone else or completely unrealistic).

	2016 (Age =)	2017 (Age =)	2018 (Age =)	2019 (Age =)	2020 (Age =)
Personal Category 1					
Personal Category 2					
Personal Category 3					
Personal Category 4					
Personal Category 5					
Professional Category 6					
Professional Category 1					
Professional Category 2					
Professional Category 3					
Professional Category 4					
Professional Category 5					
Professional Category 6					

Personal Category:

Goal					
Goal					
Goal					
Milestones					

Professional Category:

Goal					
Goal					
Goal					
Milestones					

	2016 (Age =)	2017 (Age =)	2018 (Age =)	2019 (Age =)	2020 (Age =)
Goal					
Goal					
Goal					
Milestones					
	2016 (Age =)	2017 (Age =)	2018 (Age =)	2019 (Age =)	2020 (Age =)
Goal					
Goal					
Goal					
Milestones					



**Five Years
From Now...**