



Write your values, take a snapshot of your life areas, picture five years ahead, set milestones and a 90-day focus, and choose when to review.

01 My values

Values are what you want your life to stand for, such as honesty, family, learning or freedom. Write your top three to five, in your own words. Keep it short. The rest of the plan will lean on these.

My top values:

1.

2.

3.

4.

5.

Where do I already live by these? Where am I not?

02 My life areas now

For each area, write one or two lines on how things are today. Not how they should be. Just how they are. Skip an area if it does not apply, and add your own if one is missing.

Area	How it is now

Areas to think about: work or study, money, health, relationships, family, friends, home, learning, fun, meaning.

03 Where I would like to be in five years

Picture a good, realistic day in five years' time. Then, for each area that matters, write what would be different from now and why it matters to you. A reason helps when the plan gets hard. Short answers are fine.

Area	Now	In five years	Why it matters

A good ordinary day in five years: where am I, who is there, what am I doing?

04 **One-year milestones**

Look at your five-year picture and ask what would need to be true a year from now for it to be on track. Choose a few milestones, not one for every area. Make each one clear enough that you would know whether it had happened.

Area	Milestone one year from now	How I will know

05 The next 90 days

Pick the one to three milestones that matter most and break them down into steps for the next three months. Smaller is better. If a step feels vague, ask what the first thing to do would be on Monday.

Focus	First step	When

What I need to make this work (time, money, help, a conversation):

06 What to stop or say no to

A plan needs room. Each yes costs time or energy, so a plan often needs a no. List what you will drop, say no to or do less of, so your 90 days have space to happen.

What I will stop, drop or say no to:

1. _____
2. _____
3. _____
4. _____

What makes saying no hard, and what could I say instead?

07 Risks and if-then plans

Think about what is most likely to knock you off course. Then write an 'if-then' plan for each: 'If [this happens], then I will [do this].' It is easier to decide now than in the moment.

What might get in the way

If it happens, then I will...

08 How often I will review, and a note on change

Plans change, because life does. That is not failing, it is how plans work. Choose how often to look again. You might pick every month, every season or once a year. Pick what you will actually do.

I will review this plan every (you choose):

My first review date:

When I look back, I will ask: what is working, what has changed, and what do I want to keep?

A reminder to myself:

- ☐ This plan is a draft. I can change it.
- ☐ Changing my mind is not the same as failing.
- ☐ I do not have to do it all at once.

When you're done, a moment to reflect

- Which values showed up again and again in your answers?
- Which area surprised you when you wrote it down, good or bad?
- Is your five-year picture yours, or partly what others expect of you?
- What is one thing on your 90-day list you are looking forward to?
- What would you tell a friend who showed you this plan?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/life-plan-template



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.