

Plan for Success



Where would I like to be in five years? Where would I be living? What would I be doing? How would I be feeling? What would let me know that I succeeded in life? My goals reflect what I want, not what others want for me.

If I am successful, where will I be in five years? What would be a desirable result, even if I have no idea how to accomplish it?

Dreaming, I ask myself, "What does success mean to me?"

In 5 years I will be _____

4 Years _____

3 Years _____

2 Years _____

1 Year _____

6 months _____

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3 month _____

1 month _____

2 weeks _____

1 week _____

Tomorrow _____

Today _____

As I dream, I acknowledge that for every problem, there is an infinite number of solutions. My Plan includes time spent learning about how to achieve my goals and developing the skills to achieve them. What do I need to accomplish my goals? How might I learn more about how to get there? Who might be able to support this goal, and how can I meet such people?

Now that I have the plan, I can commit to doing something each week to further my goals—each small step a cause for celebration. I am 80% more likely to achieve my goals if I write them down and tell at least one other person. I share my commitment with my self-help group, a friend, a case manager, a family member or whoever I choose.

The more people I know, the more likely I am to achieve my goals. Most people achieve their Five-year Goals within two years.

I am worth it!

I deserve to have my dreams come true.

