

# The 5-4-3-2-1 Goal Planner

@lifebygrit

What are your goals for the next five years? Imagine your ideal self five years from now. What do you need to accomplish to get from where you are now to where you want to be then? We tend to overestimate what we can accomplish in one year but underestimate what we can do in five, so don't be afraid to dream big. Write those goals in the top row, one in each column. Then, break each goal down into smaller steps you can take in the next four months, three weeks, two days, and one hour in order to get you to where you want to be.

5  
years

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Think big! You could change careers, move to a new country, anything! What life do you want?

4  
months

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Break it down. What can you do in the next 4 months to head toward your 5 year goal?

3  
weeks

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Now think smaller. What steps can you take in the next 3 weeks to work toward your 4 month goal?

2  
days

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What can you fit into your schedule in the next 2 days to start moving toward your 3 week goal?

1  
hour

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Nothing will change unless you take action. Decide what you can do in the next hour, then GO DO IT! :)