Life Plan Worksheet
Do you ever feel completely lost when it comes to the future? It’s easy to get caught up thinking that you need to have everything figured out because society says you should.

If you’re unclear on what your future might look like, sometimes all you need is to visualize the lifestyle you dream of having, even if it seems outlandish or impossible.

Since we all have different goals and dreams for the future, getting clear on your vision for the future will help you create a path that feels the most fulfilling to you.

Having a life plan allows you to get more clarity around your future and what you want to get out of it - whether that’s in the next month, year, or five years.

The first thing to do before thinking too far ahead in the future is to define what success really means to you. Better yet - ask yourself if success is really the end game. What is the end game for you?

A good way to think about it is this: When you’re 80 years old and talking to your grandchildren, what do you want to tell them about your life experiences? Think about what you want to accomplish in your lifetime and what kind of person you want to be known as.

Dreams and goals are going to change over time, but focus on what you want right now. Focus on how you feel right at this moment. You don’t have to figure out your entire life right away, but doing this Intentional Life Plan exercise will give you a little more direction.
Visualize The Future

Sit in a quiet place where you won’t be disturbed. From there, visualize exactly what you want out of these areas of your life in the next 5-10 years:

**Finances**
- How much do you want to make annually?
- What do you spend your money on?

**Career**
- Where are you working?
- What type of work are you doing?
- Who are you working with?

**Physical Health**
- What are you doing to stay healthy?
- What is your diet like?
- How often are you exercising?

**Mental Health**
- What type of mindset do you have?
- How do you take care of your mental health?

**Spirituality**
- How are you improving yourself as a person?
- How do you find purpose in life?
- What makes you feel connected to the world?

**Relationships**
- How is your relationship with your family?
- What type of romantic relationship are you in?
- What is your social life like?

**Home**
- What does your home look like?
- Where are you living?

**Fun/Recreation**
- What do you do in your free time?
- What hobbies are you working on?
- Where are you going on vacation?

On the next page, write down your goals and dreams for each area of your life. This becomes your Intentional Life Plan. Keep it in a place where you’re see it often to remind you of what’s important to you.
My Life Plan

FINANCES

CAREER

PHYSICAL HEALTH

MENTAL HEALTH

SPIRITUALITY

RELATIONSHIPS

HOME

RECREATION

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Q+A

What do I do once I have my Life Plan? Am I supposed to work on it daily?
The Life Plan is a reminder of what you're working towards. It's not necessarily an action list, but rather a tool to guide you when you feel lost or uncertain about a decision. Put it somewhere you'll see it every day to remind you of what's important.

What if I'm having a hard time visualizing what I want?
Be patient and compassionate with yourself. You won't find direction if you're too hard on yourself. Do little things daily like practicing gratitude, meditating, and journaling to help you with your soul searching. Keep going through the visualization exercise above and eventually you will have more clarity.

WHAT DOES YOUR INTENTIONAL LIFE PLAN LOOK LIKE?

I hope this worksheet helped you to gain clarity around what you truly want out of life. Feel free to email me at catherine@theblissfulmind.com if you have any questions or want to share your plan with me!

XOXO,

Catherine