

The Five-Mile View: A Long-Term Vision

A Sample Chart by Bryan Holten

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In five years, on ____ / ____ / _____, I will be ____ years old.

| | 5-Year Vision | 6-Month Goals | Barriers/Fears |
|--|---------------|---------------|----------------|
| Lifestyle How do I want to improve my schedule and my finances to create space for what is most important to me? | | | |
| Health and Body In what ways do I feel less than optimally healthy today? What can I do to improve this? | | | |
| Relationships What can I do to strengthen my most important relationships? How can I let go of relationships that aren't worth the time or effort? | | | |
| Career and Business In what ways can I improve upon what I deliver to the world through my gifts and talents? | | | |
| Spirituality How can I nurture my relationship with God? How can I cultivate new sources of meaning in my life? | | | |