

My 5 Year Plan

Here are some **examples** - just to give you a start!

<p>Money I am earning _____ by Christmas I am earning _____ by June 2013 I am earning _____ by June 2016 I am earning _____ by June 2022 I am a great money manager!</p>	<p>Relationships I maintain my friendships by calling _____ times a week/month/year and meeting up with _____ at least once a month I appreciate and write down at least one good thing my significant other has done or that touched me (in a good way!) every single day</p>
<p>Family I have a fun date with my family at least once a week/month</p>	<p>Career I create a career path for myself I have started my own business in _____ by Christmas 2012 I am promoted to _____ by June 2013</p>
<p>Spirituality I am in the habit of counting my blessings every day when I wake up I take a full half hour to meditate every day by Christmas 2012</p>	<p>Personal Growth I learn to budget and grow my wealth I increase my skills to the career level I aspire to by taking a class, reading, studying on my own and practicing in my everyday career</p>
<p>Health I eat something green every day by January 1st 2013 I exercise 10 minutes per day by June 2013 I walk for 30 minutes every day by Christmas 2013</p>	<p>Leisure I give myself the gift of one hour for myself every day by Christmas 2012 I give myself the gift of one day every month for myself</p>

My ideal customer:

If you're a therapist and feel this is all a bit overwhelming, I've actually done the research for you: [Complimentary Therapies Secondary Marketing Research for Therapists](#) contains all this information, with figures, graphs and more. [Click here to purchase it](#) from my products page.

<i>Age range:</i> (circle your ideal customer's age) Under 16 16 - 25 26 - 35 36 - 45 45 - 56 56+	<i>Occupation:</i> Level: Eg: CEO, Executive, Manager, front line
<i>Where they live:</i>	<i>Their interests:</i>
<i>Their leisure activities:</i>	<i>Marital Status:</i>
<i>Gender:</i> Male Female	<i>Newspapers they read:</i> Online? Print? Mobile version? Other?