

## Five Year Plan Sample

### First 30 Days

How are you transitioning into your new sober lifestyle? Are you changing your surroundings (people, places, things)? Do you have a plan for a healthy routine? Is there anyone you need to meet with regularly or an AA meeting you plan to attend?

### 60 Days

Are you spending quality time with the people in your life most important to you? Are there any work or education goals you hope to work towards? Do you foresee any challenges that might set you off your path of sobriety? How do you plan to prevent this?

### 90 Days

Are you utilizing your time properly? Where are you at in terms of career and professional development? Is there anything else you can be doing to work towards a happy and balanced lifestyle?

### 180 Days

Where do you see yourself in 6 months? How far have you come? What do you still hope to accomplish?

### 1 Year

Where do you hope to be in your career? What does your home life look like? Your spouse and children... How is your new lifestyle positively affecting your relationship with the people closest to you? What are your goals for the coming years?

### 2 Year

What do you plan to have accomplished? How far have you come in your new healthy lifestyle? What career path are you on?

### 3 Year

Where do you hope to be in 3 years?

### 4 Year

How would you like your life to look in 4 years?

### 5 Year

Where do you see yourself in 5 years? Have you accomplished many of your goals? What are some goals you hope to continue working towards? What brings you happiness? How do you spend your time?