

What's your 5-YEAR PLAN?

Not got one? Studies show they are the
KEY to SUCCESS BY **RACHEL BROWN**

Ferris Bueller: good at days off, also a dab hand at everyday philosophy. "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Wise words, Ferris. Loads of us function on autopilot, with a vague idea of what we want to do but then never actually get it done. Time to take stock and strategise.

Five-year plans aren't just fancy spreadsheets for the likes of Lord Sugar. Studies have shown that people who write down their goals are 33 per cent more likely to achieve them than folk who just think about their ambitions.*

"They give you a sense of the bigger picture," says psychologist Anjula Mutanda. "By saying: 'This is where I want to be in five years', it focuses you, giving a sense of control and the motivation to get there."

In other words, if you want something, get writing. Your plan doesn't need to cover everything for the next half decade. It's about breaking down where you want to be and working out how to get there...

1 YOUR HIGH FIVES

First, hone in on things you're proud of, whether it's bagging a new job or raising money for charity. According to psychologist and author Gary Wood, "this gives you a sense of your skills, helping you focus on what's important."

DO IT NOW

*"Write down your achievements," recommends Anjula. "Once you've got these 'in the bank' you should feel more in control."

The things I'm most proud of:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

*Cut out your list and position it prominently. "You made them happen, so celebrate them," says Anjula.

2 YOUR (LIFE) ROAD MAP

So you know what you've done. Now you're ready to think big and brainstorm. In five years time we'd love to be on a Caribbean beach with Ryan Gosling *swoon*, but first we have to work out how to get there. The beach bit's easy-ish. The Gosling part, not so straightforward. By all means



