# What's vour 5-YEA PLAN?

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

erris 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...

### 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:

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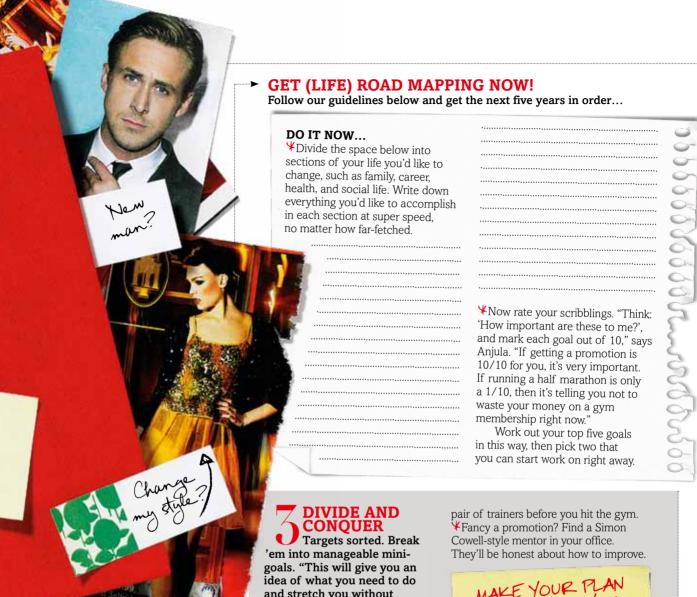
¥Cut out your list and position it

5.....

prominently. "You made them happen, so celebrate them," says Anjula.

JOURNAL

Saturday 8pm - O singles



include Ryan in your list, but don't forget normal things such as getting married, starting a family and making new friends.

"We filter our thoughts most of the time but writing as fast as possible lets us ditch the 'can't do' attitude," says Anjula. "The more outrageous the ideas, the better at this stage - go wild!" You heard, get writing - we've even set out some guidelines...

and stretch you without overwhelming you," says Gary. So, for example...

¥If you want a relationship, work out how to get there. "Ask yourself: 'Do I socialise enough?'" suggests Anjula. Then consider throwing a monthly shindig where you and your mates invite all available peeps. ¥ Wanna shape up? One of the first steps could be buying a good

MAKE YOUR PLAN WORK FOR YOU Now get your diary out.
Write in one baby step
a week and make sure
you take it. Review your
progress every six
months, and chart your rise to the top ...

## ANJULA'S FIVE-YEAR PLAN RULES

Be flexible Give yourself alternatives or other ways you can achieve a goal. Don't copy You love your mates, man, family etc, but your life plans may differ. By all means seek their advice

to help you stick to your plan, but - don't feel pressured to do it their way. Never beat yourself up Failure can feel horrible – look at your achievements to remind yourself how great you are! **Dream** Brainstorm every now and again to keep your life to-do list fresh.