

## Ten Year Plan

201\_\_ (Now)

Objectives  
(How to)

202\_\_ (Goal)

### Physical Self

- |   |   |
|---|---|
| 1. Give yourself a grade (1-10--10 being the highest) for your physical person now. How does your grade make you feel? Positive, negative or question mark. | What grade you'd like to have in 10 years.  |
| 2. Age now? How does that make you feel?  | Age in 10 years?<br>How will you feel?  |
| 3. Weight now? Feeling?   | What will be your weight 10 years later?  |
| 4. List one or two things that you dislike about your physical person that can be changed.  | Did you change them? When?  |
| 5. Give yourself a grade (1-10) for your nutritional self. How does your grade make you feel?   | What grade do you have now 10 years later?  |
| 6. List one or two things you feel you do right nutritionally now.  | List one or two things you feel you do right you've changed in the past 10 years. |

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7. Give yourself a grade for your physical fitness now. How do you feel about your grade?

Grade?

8. List main source of exercise now.

Main source of exercise now 10 years later?

9. Name of spouse?  
Grade for this time period of your marriage?

Name of spouse?  
Grade?

10. How many children now?  
Your feeling about the number of children you have? How many are married? How do you feel about that?

How many children?  
How many grand-children?

11. Describe where you live now. (House, apartment, etc.) What is your feeling on that?

Where do you live now?

## Intellectual

1. How many years of formal education have you completed? Feeling? (Not enough, too much, etc.)

How many years education now?

2. List titles and degrees you have now. How do you feel about them?

What titles and degrees do you now have?

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3. Do you feel inferior, superior or a peer intellectually with your spouse?

Has that changed?

4. List how many postgraduate experiences you've participated in this past year. What is your feeling about that?

Have you done more or less than 10 years ago?

5. How many books do you read per month? Kind of books? How do you feel about it?

Books per month now?

6. List number of self-improvement experiences you've participated in this past year. Feeling?

Are you doing more or less now?

7. How many educational CDs do you listen to per month? Feeling?

Number of CDs per month now?

8. List clubs, professional associations, etc. you belong to. Positive or negative feeling about that?

Have you joined any additional organizations 10 years later?

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**Emotional**

1. Give yourself an emotional grade (1-10).  
How do you feel about your grade?

Emotional grade 10 years later?

2. List your fears and angers.

Are these different now?

3. Give yourself a self-image grade (1-10).

Has your grade changed?

4. How much time do you spend alone per month?  
How do you feel about that?

Has the amount of time alone changed?

5. Describe a really happy day. How often do you have that?

What is a happy day now?

6. List a friend you might spend a week with if your spouse and/or family was not available.

Would you choose the same person now?

7. How much time do you spend now to build that friendship?

Time now?

8. If you could spend one month doing anything (with unlimited funds) with your spouse, what would it be ?

What would you do differently now?

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9. Give yourself a grade  
for creativity.  
Feeling?

What is your grade  
10 years later?

## Spiritual

1. What is your spiritual  
name now? (Jewish, Catholic,  
Protestant, Mormon, Atheist, etc.)

Has your spiritual  
name changed?  
Feeling?

2. Give yourself a grade  
for your spiritual  
self. How do you  
feel about that?

What is your grade  
now? Feeling?

3. Who are your spiritual  
models?

Have you added to  
or changed your  
models?

4. How much time do you  
spend on your  
spiritual self per  
day? Feeling?

How much time 10  
years later?  
Feeling?

5. What books are you  
using for your  
spiritual growth?

Books?