

## **SURVIVING TOUGH TIMES**

### **Tips for Young Women**

*5-Year Strategic Planning Form*

<http://www.survivingtoughtimes.com>

### **Mapping Goals and Milestones for the Six Aspects of Your Personal Infrastructure**

- Relational – Educational – Financial – Environmental – Physical - Spiritual

This framework is designed to help you set goals and milestones for these six aspects of your personal infrastructure that make up your core being. Particularly in tough times, young women need to make good choices in each of these areas. This form will allow you to document the decisions you make today. Putting your ideas on paper allows you to review them at least once a year, so you can evaluate your plan and make revisions based on your experiences, your interactions with others and the wisdom you have gained in those intervening months.

#### **Identifying your values**

Pick three words that define your core values, since every goal you set should reflect your values. (For example, mine are honesty; compassion; humor.) Also jot down why those words resonate for you and how you hope to express them in your actions.

- #1
- #2
- #3

Use the following pages to list your goals and milestones, along with any comments that clarify your intentions. Set three to five goals for each aspect. Goals should be broad enough to clarify what you intend to do, but specific enough to help you narrow your choices to your best options. Milestones are the guideposts you need to achieve along the way.

For example, under “Financial,” a goal might be to “Start a part-time baking business.” Milestones, with target dates, might include:

- Find an apprenticeship with a local baker you respect
- Research and write a business plan (address state and local regulations, marketing opportunities, costs and pricing)
- Test market your recipes and create marketing materials
- Make sales calls to potential clients (vendors at farmers’ market, local restaurants, family-owned convenience stores)

RELATIONAL – List three to five major goals, each with its own milestones and comments. Consider goals related to your relationship with your parents, a potential significant other, having or not having children, friends, business associates and neighbors and others in your community.

Goals	Milestones	Comments
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EDUCATIONAL – Think broadly about your educations, not just in terms of formal degrees. Goals can include identifying apprenticeships and volunteer opportunities and areas of interest you want to pursue through free or inexpensive online or community resources.

Goals	Milestones	Comments
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FINANCIAL – What can you do during the next three to five years to enhance your financial security?

Goals	Milestones	Comments
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ENVIRONMENTAL – Where do you want to live? What kind of “nest” do you want to build? How can you tread more lightly on the planet?

Goals	Milestones	Comments
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PHYSICAL – What goals will help you enhance your own health? What can you do to support efforts to enhance the health of others, including all living things on the planet?

Goals	Milestones	Comments
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SPIRITUAL – What goals can you set for yourself that will help you attain peace, serenity and fulfillment?

Goals	Milestones	Comments
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