

FREE GUIDE • LIFE PLANNING GUIDE

# Your Midlife 5-10 Year Plan

Design Your Glow-Up. Reclaim Your Power.

A step-by-step guide to living the next decade with intention.

*"You are not too old. You are not behind. You are blooming right on time. This is your season to rise, glow, and live fully."*

The Midlife GlowGetter

## Why Create a 5-10 Year Life Plan?

A 5-10 year life plan is your roadmap for living with purpose, confidence, and clarity during midlife. It gives you direction, builds real momentum, and helps you align your daily choices with the woman you are becoming. It is not about having everything figured out. It is about having a direction worth walking toward.

**1**

### Choose Your Time Frame

Decide if you want a 5-year plan (focused, actionable), a 10-year plan (big picture, legacy-building), or both. Example: "I am 45 now, and this plan maps out who I want to be at 50 or 55."

**2**

### Define Your Life Categories

Write your vision across these areas: Health + Wellness • Style + Beauty • Career + Purpose • Finances • Relationships + Social Circle • Home + Lifestyle • Personal Growth, Faith, or Hobbies

**3**

### Write in Present Tense

Write your goals as if they are already happening. This helps your brain believe and embody them. Example: "I feel strong and energized in my body. I move daily and fuel myself with love."

**4**

### Break It Into Milestones

Set smaller checkpoints: • 1-Year Goals: What habits and boundaries do I start building right now? • 3-Year Vision: What does my life look like at the midpoint? • 5-Year Outcome: What have I built, changed, or become? • 10-Year Dream: What does the fullest version of my life look like?

**5**

### Choose Your Format

Pick what works for you: Google Doc, paper notebook, Pinterest vision board, sticky notes, or habit tracking apps. The method does not matter. What matters is that you actually use it.

**6**

### Schedule Monthly Check-Ins

Set a calendar reminder at the start of each month. Ask: What is working? What needs tweaking? Remember: you are always allowed to revise as you grow. This is your plan. It lives and breathes with you.

## Pro Tips for Staying Focused

- ✓ Keep your plan visible: your mirror, your desk, your planner
- ✓ Use affirmations daily to reinforce the identity of your future self
- ✓ Track progress weekly with a simple checklist
- ✓ Share your plan with a friend or coach for accountability
- ✓ Celebrate small wins. Momentum builds confidence

## Quick Prompts to Get You Started

- How do I want to feel every single day?

- What do I want my mornings to look like?

- What am I ready to release from the last chapter of my life?

- What habits would my future self thank me for starting today?

**Want help building your plan? Ask about 1:1 coaching: [Hello@JaxStys.com](mailto>Hello@JaxStys.com) • [jaxstys.com](http://jaxstys.com) • DM @JaxStys**