Activity 21-3

Lifespan Plan

A lifespan plan incorporates goals, activities, and milestones in your life from the present time until you retire. This should include education and career goals as well as personal milestones, such as buying a home, starting a family, and retirement. Setting realistic expectations in a lifespan plan will help you effectively plan for and achieve success.

**Directions:** Consider the questions presented in each category and phase of the lifespan plan. Answer each question as thoroughly as possible. This activity will help you set goals and make plans for your future success.

| **Lifespan Plan** | | | | |
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| **Timeframe** | **Career** | **Education and Training** | **Skills** | **Lifestyle Goals and Financial Resources** |
| Over the next two years… | •How will I learn more about my preferences and aptitudes related to choosing a career?  •What aspects of my personality will have the greatest effect on the kind of career I choose? •Which of the career clusters is of most interest to me? Why? | •What education and training courses have I taken so far?  •Which courses will I need to take to be ready for my college and career goals after high school? | •What courses have I taken so far to develop my communication skills?  •Which courses will I need to take to help me develop mastery of communication skills?  •What extracurricular activities have I participated in or plan to participate in that will help build my leadership skills? | •What resources are available to help fund the training and education I need?  •What transportation costs will I have?  •What housing costs will I have?  •How will I be able to save money? |
| In five years… | •What real-world experiences will I have by this point in my life that will help me judge whether I am on the right career path?  •What will I be able to learn through on-the-job experience that I would not have been able to otherwise? | •Will I have graduated from the program of study required to pursue my career choice?  •What additional training or education is needed? | •How will I demonstrate myorganizational abilities by this time?  •What evidence of myorganizational abilities will I have to show a potential employer?  •How will I demonstrate my creativity by this time?  •What evidence of my creativity will I have to show to a potential employer? | •Will I have to continue to find funding sources for additional education?  •Will I be repaying student-loan debt?  •Where will I live? How much of my monthly budget will be spent on housing costs?  •How will I get to work? What transportation costs are associated with getting to work?  •How much will I have saved to fund short-term goals, such as vacations? How much for long-term goals, such as retirement? |
| In 10 years… | •Where will I be on the career ladder by this time?  •What skills should I have acquired that will allow me to advance?  •What additional training or practice will be required to attain this level? | •What type of continuing education is part of my career choice?  •Are continuing education credits or certification renewal part of my chosen career? If so, what is required? | •What type of data will I use to make decisions at this point in my career?  •What tools will I use to help me analyze the data? | •Will I be repaying student-loan debt?  •What are my transportation costs?  •Will I own the place I live? How much of my monthly budget will I spend on housing?  •Do I have the correct amount of life, health, and property and casualty insurance? How much will it cost on a monthly basis?  •How much will I have saved to fund short-term goals, such as vacations? How much for long-term goals, such as retirement plans?  •If I have a child, how will that impact my earnings, monthly costs, and ability to save? What childcare costs will I have? |
| In 30 years… | •Where will I be on the career ladder by this time?  •What factors will affect my advancement?  •What factors are within my control? What factors are beyond my control? | What types of hobby or personal interest classes would I like to take? | •What is a typical work day like for me at this stage in my career?  •What tools will I work with on a daily basis?  •What type of additional training may be required to work efficiently with these new tools? | •Do I have the correct amount of life, health, and property and casualty, disability, and long-term care insurance? How much will it cost on a monthly basis?  •How much will I have saved to fund short-term goals, such as vacations? How much for long-term goals, such as retirement plans?  •How have my housing needs changed?  •How much are my housing costs? |
| In 50 years… | •When I am ready to retire from my primary career, what career level will I have reached?  •Will I have owned my own business? Supervised others? Invented something new? | After I have retired from my primary career, what types of training or experience would be necessary to pursue meaningful paid or volunteer work opportunities? | •How will I have shown my ability to lead and motivate people to meet established goals?  •What qualities will I have developed that will make me an effective leader? | •How much have I saved for retirement?  •How does this number affect the age at which I will be able to retire?  •What does my monthly budget look like?  •If I am retired, is my lifestyle the same as when I was working? How so? |