

**“Where do you see yourself in five years?”** If you’re a creative, this question might be hard to answer, especially if you depend on irregular freelance contracts. Doubts and mental health or disability constraints can also give us tunnel vision. Creating a five-year plan can help you keep sight of your dreams and big ideas. It isn’t set in stone – think of it as an atlas instead of an itinerary. The table below includes notes and examples to guide you through breaking down your goals.

Goal	Why is it important?	Constraints & Considerations	Mastery	Tasks
Refer to the Goals vs. Milestones sheet for guidelines on setting achievable goals.	Why do you want to accomplish this goal? Make sure it’s something <i>you</i> want, regardless of others’ expectations.	What are some potential obstacles? Do you have disability-related constraints that affect how much you can work? External obligations? Industry trends that might affect your content?	What kinds of skills and knowledge do you need to accomplish your goal? What new habits will you need to form? Do you need assistive technology or accessibility modifications?	What individual tasks do you need to do to get from where you are now to the mastery you need for your goal?
Write a novel.	I have a big idea I want to share through fiction.	I don’t know how to organize my thoughts to turn them into a long narrative.	I need to learn what tools and processes work best for me in drafting fiction.	Try software for writers, such as Ulysses or Scrivener.
Create an online presence.	I want people to be able to find more of my work.	I don’t know how to set up and update a website.	I can learn how to create and manage a website using WordPress.	Enroll in a WordPress course.
Build a portfolio.	I want to have examples of my work to show to potential clients.	I have limited time and energy to create new work.	I can practice self-compassion and self-care so I don’t burn out while creating new work.	Find a few self-care activities that I can practice regularly. Refer to 88 Self-Care Ideas for some options.

Use the table below to create roadmaps for a few of your own five-year goals.

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