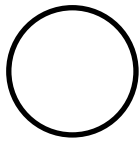


Create a five-year  
plan



# TRIO Journal Reflection

What are your strengths?

What motivates you?

List some of your knowledge & skills

List five high-level (big-picture) plans that describe who you want to be and what you want in your life in five years. ("I want to be proficient in Spanish.")

List five ground-level plans (actions) that you can take on a regular basis that can lead to your goals. ("I will learn three new words every day.")


Talk to your TRIO person about your plan and have a discussion about how you want to react if your plans change.