

Create a Personal Strategic Plan—By Randi Rockwell

This is an example—fill in with your own content.

What do I like?	What could I do?
Being with my husband and daughter	<ul style="list-style-type: none"> • Schedule weekly “family date nights” • Schedule regular date nights with my husband • Plan one or two get-aways with my husband each year
Being with my extended family	<ul style="list-style-type: none"> • Schedule more family get-togethers and game nights • Schedule walks • Create a book club
Being with my friends	<ul style="list-style-type: none"> • Schedule more get-togethers and game nights • Schedule walks • Create a book club
Vacationing	<ul style="list-style-type: none"> • Save money for vacations. • Schedule a family vacation once or twice a year
Working Out/Being fit and healthy	<ul style="list-style-type: none"> • Research local athletic clubs and join one • Schedule walks with friends or family members • Get certified to teach a fitness class • Participate in an athletic competition
Reading	<ul style="list-style-type: none"> • Set aside time every day to read • Join a book club
Quilting	<ul style="list-style-type: none"> • Set aside time each week to quilt
Playing card games and board games	<ul style="list-style-type: none"> • Schedule family game nights • Schedule game nights with friends
Playing competitive sports, like tennis, volleyball, golf, disc golf, etc.	<ul style="list-style-type: none"> • Research local athletic clubs and join one • Participate in an athletic competition

Strategic Initiative #1: Spend quality time with my family and friends

Two Year Goal	Objectives
Spend quality time with my husband and daughter	1. Schedule weekly “family date nights”
Spend quality time with my extended family	1. Schedule time to get together with family at least once a month <ol style="list-style-type: none"> a. Walks b. Game Nights c. Lunches

	d. Dinners
Spend quality time with my friends	<ol style="list-style-type: none"> 1. Schedule time to get together with friends once a week <ol style="list-style-type: none"> a. Walks b. Game Nights c. Lunches d. Dinners
Take two big family vacations and two mini-vacations	<ol style="list-style-type: none"> 1. Decide where we want to go. 2. Plan for time off from work. 3. Determine price. 4. Budget money to save for trip.
Spend quality time with my husband	<ol style="list-style-type: none"> 1. Plan two get-aways <ol style="list-style-type: none"> a. Decide where we want to go. b. Plan for time off from work c. Determine price d. Budget money to save for trip 2. Schedule weekly date nights

Strategic Initiative #2: Be fit and healthy

Two Year Goal	Objectives
Get certified to teach a fitness class.	<ol style="list-style-type: none"> 1. Research 2. Determine cost and time 3. Budget for cost and time 4. Register
Join a local athletic club	<ol style="list-style-type: none"> 1. Research 2. Determine cost and time 3. Budget for cost and time 4. Register
Compete in an athletic competition	<ol style="list-style-type: none"> 1. Research 2. Determine cost and time 3. Budget for cost and time 4. Workout three to four times per week 5. Register

Strategic Initiative #3: Make time for personal rejuvenation

Two year Goal	Objectives
Read 100 books	<ol style="list-style-type: none"> 1. Set aside 15-30 minutes every day to read 2. Aim for one book/week
Make 6 quilts	<ol style="list-style-type: none"> 1. Set aside 2-3 hours per week for quilting
Get 24 massages	<ol style="list-style-type: none"> 1. Schedule a massage once a month
Make yoga a daily habit	<ol style="list-style-type: none"> 1. Aim to practice yoga 15-30 minutes every day
Make journaling a daily habit	<ol style="list-style-type: none"> 1. Aim to journal 10-15 minutes every day