

Shanda's Personal Strategic Plan 2018

STRATEGIC ANCHORS	STRATEGIC AREAS OF FOCUS		
<p>Vision: To live a long healthy and fulfilling life and to have the financial freedom to pursue my passions</p> <p>Purpose: To inspire and guide others to live their version of an extraordinary life</p>	<p>Family & Community</p>	<p>Passion Projects & Financial Freedom</p>	<p>Health, Fitness, & Adventure</p>
<p>TOP 5 CORE VALUES</p> <p>Quality relationships Financial security Health Helping others Freedom</p>	<p>A. Continue to strengthen the bond I share with my husband</p> <p>Goal 1: Go on at least two dates per week Goal 2: Meet my husband's needs by being present with him each moment and checking in with him at least once a day</p>	<p>A. Work to create high demand rental housing that are 100% occupied</p> <p>Goal 1: Provide friendly professional responses to all tenant emails within 24 hours Goal 2: Arrange for any needed repairs within 48 hours (sooner for emergencies) Goal 3: Arrange for regular maintenance</p>	<p>A. Reach and maintain good physical fitness so I can enjoy an active lifestyle</p> <p>Goal 1: Get at least 70,000 steps or equivalent per week (ave 10,000 per day) Goal 2: Do a full body strengthening workout at least 3 times per week</p>
	<p>B. Develop & maintain strong supportive relationships w/ close family & friends</p> <p>Goal 1: Meet or call with each person at least twice per month Goal 2: Have a friend or couple over for a meal at least twice per month</p>	<p>B. Live a writer's life</p> <p>Goal 1: Write at least 4 hours per day at least 5 days per week Goal 2: Write and complete final draft of leadership book by November 30th Goal 3: Complete outline for a non-fiction BHSFS story by December 31st</p>	<p>B. Reach and maintain a healthy weight of 135 lbs</p> <p>Goal 1: Avoid processed foods and high carb/high sugar foods; instead eat whole real foods Goal 2: Eliminate all foods made of wheat Goal 3: Consume daily calories of (see calculation) until reach goal weight; or (see calculation) calories once reach goal weight</p>
	<p>C. Participate in a community mastermind and accountability group</p> <p>Goal 1: Attend weekly Accountabilibuddies mastermind group at least 90% of time Goal 2: Meet the goals I set each week and share my goals, accomplishments, and challenges weekly Goal 3: Support other members with their goals and challenges</p>	<p>C. Earn at least \$500 per month from my Your One Extraordinary Life Website Project</p> <p>Goal 1: Send weekly emails to my subscribers Goal 2: Complete implementation of blog relaunch plan by June 25th Goal 3: Complete one new blog article per week that is fully SEO optimized Goal 4: Send coaching offers via email list/blog for a monthly coaching session</p>	<p>C. Rejuvenate and reflect by spending time in nature</p> <p>Goal 1: Take at least two week long backpacking trips into the wilderness this summer Goal 2: At least once per week take a day hike in nature or an urban park</p>
	<p>D. Express my creativity through glass mosaic art</p> <p>Goal 1: Starting in August, spend at least 6 hours per week on designing or creating mosaic art Goal 2: By October 31st sell at least one piece of mosaic art and earn at least \$100 per month thereafter from selling mosaic art Goal 3: Make mosaic art gifts for everyone on my Christmas list</p>	<p>D. Gain new experiences and knowledge</p> <p>Goal 1: Visit at least 3 new towns or cities per year Goal 2: Travel abroad at least once per year Goal 3: Visit a museum or local place I've never been to at least once per month</p>	