Mother Jai's Wellness
Jennifer Lawson, BS, IAC, CGFI

PO Box 1975
Arvada, CO 80001

VM/TXT 720-336-1413
wellness@motherjai.com

STRATEGIC DEVELOPMENT PLAN

A systematic approach to achieving your goals and increasing your personal effectiveness. Setting tangible goals that are both challenging and rewarding.

1. **Goal Setting:** setting personal goals begins with your lifetime goals followed by a series of lower level goals and objectives. Breaking down the series of goals into a number of small tasks that can be completed on a daily basis. As you achieve your goals your enthusiasm and self-esteem will continue to increase.
2. **Habits:** your plan must include a strategy for attaining or developing specific skills, competencies, and abilities needed to achieve your goals. Developing positive habits and a positive mind set is essential to being successful.
3. **Skill Enhancement:** continuously looking for ways to improve your skills, abilities, and competencies that enhance your performance; help you become more capable, competent, and confident in yourself and your performance.
4. **Mental Conditioning:** strengthening your mind is essential to determining our goals and for accomplishing them. Mental strength is necessary to feel the confidence and ability to achieve goals and continue to be successful.

Crafting your Strategic Development Plan

1. **Setting Lifetime Goals:** maintaining at least one clearly defined goal for every Life Dimension.
2. **Setting short term goals:** determine small steps that will take you to your ultimate goals.
3. **Determine skills needed:** creating a plan to obtain or develop the skills needed to achieve your goals.
4. **Developing positive habits:** enhancing or establishing habits that will positively impact you goal achievement.
5. **Improving mental strength:** techniques of conditioning that improve mental focus and concentration, incorporates positive thinking, and improves mental toughness.

Write your strategic development plan:

Review, Revise, and Rewrite your plan.