

Personal Strategic Plan

This assignment is meant to help you write down in a clear and concise manner, exactly what you see yourself doing over the next 3-5 years.

You will use our 3P formula for writing this plan and the plan will consist of 4 parts.

Part 1. Vision

Part 2. Goals

Part 3. Potential or Real Obstacles

Part 4. Solutions to Obstacles

The 3P formula is as follows:

1. 1st Person
2. Present Tense
3. Positive

Here's an example of a 1st Person, Present Tense, Positive Statement: "I am an excellent speaker."

Notice we use the word, "I" this is 1st Person. We also use "am" this is the Present tense. Finally, we say "excellent speaker." This is a positive statement of about a characteristic you want to possess.

You would not say, "I want to be an excellent speaker" or "I think I can be an excellent speaker" or "I will stop speaking too low and slow and improve my speaking, because I'm terrible at this." None of those statements will work with the efficiency and success as the first statement I gave you.

Your Vision Statement and goals will use statements like these. So, I might write as the beginning of my vision statement, "I live in a tropical area and nice condominium and am able to work flexible hours." Notice how this entire statement is written as though it is happening right now. This is how you should write your Vision Statement. Your goals should be written in the same way, but be much more concise or shorter.

Your goals are those steps you must take to make your vision come true. Therefore, if you need to graduate college and find or create a wonderful career for yourself first, then you would write that as a goal statement. Here's an example, "I have graduate college and am now working at a wonderful job that I thoroughly enjoy and earning at least \$45,000 per year to start."

You will also write out ten potential obstacles that may prevent you from achieving your goals, such as laziness, finances, transportation, etc. Then you will write out 10 actions you can take to counter or overcome those obstacles. You should have a minimum of 10 goals.

You do not have write 1 obstacle for each, goal, but you should write at least 10 obstacles and 10 things you can do to overcome those obstacles. This part of the plan will complete all 3 parts of your Strategic Plan.

You will end up with a Vision Statement, a set of at least 10 Goals, 10 potential Obstacles, and 10 steps you can take to overcome those obstacles.

Here's an example of Part 1. Vision Statement:

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I am living in my own home happily married with our two children. I enjoy my job every day. I am a successful psychologist, and I get to help many people. Being able to do what I love keeps me fulfilled. My house is on a nice piece of land, and is perfect in every way. I have yearly vacations that allow me to explore different parts of the world. Every day is another chance for me to expand my knowledge, and pass it on to my family. I am living life to the fullest, and I have many things I want to accomplish. I now have the chance to show my kids responsibility, and give them the kind of childhood they deserve.

I graduated from USF with a master in psychology. I went straight to my own practice. I am a busy psychologist and I enjoy every minute of it. I go to bed every night knowing that I am helping people deal with their problems. I am earning \$50,000 a year and I live in my dream home. My previous work experience helps out a lot. My husband and I are traveling the world. I am a good mother, and make every day a learning experience for my children. Our animals are teaching my kids responsibility. I have a truly happy family.

Here's an example of Part 2. Goal Statements:

Goals

1. I have now completed all the prep classes.
2. I am not I college graduate with a great degree.
3. I have an excellent job that pays great.
4. I have an amazing new place of my own.
5. I am happily married woman.
6. My job has now promoted me because of the extraordinary job I have done.
7. I was able to get some great new furniture for my new place.
8. I have now got a nice brand new car.
9. I am a great mom to my health baby.
10. I have finally got off my medicine that I been on since I was two years old.

Here's an example of Part 3. Obstacles:

Obstacles

- 1) I have a learning Disability.
- 2) I can be lazy at times.
- 3) I don't have much experience.
- 4) I don't have the best finances.
- 5) I haven't found the right person.
- 6) The economy is terrible right now.
- 7) My age doesn't help with being young.
- 8) Getting problems solve with my health.
- 9) I need to find time in my busy schedule.
- 10) Passing some issues that I have on to my children.

Here's an example of Part 4. Solutions: Note: This person wrote the obstacles and solutions together. You will need to write the obstacles as above and then write the solutions in a similar manner as the person did below:

These are 10 potential obstacles and the ways to overcome them.

1. Laziness- I can overcome laziness by staying focused in school or work and staying positive about everything. Find the cause for your laziness and resolve it.
2. Failing my classes- If I'm having trouble passing my classes I should get help from a tutor or classmate. And I should make sure I turn in all assignments. I could even speak to the professor and see if she or he could help me.
3. Transportation- Having a reliable vehicle and keeping up with my vehicles maintenance could help a lot. If my vehicle did break down I could carpool with a friend or take the bus.
4. Finances- I should save money and keep a budget on food and clothes. I should also maintain my job.
5. Family and Friends- Sometimes family and friends can get in the way of you going to school. Like they might feel that I don't spend enough time with them. I would just talk to them and let them know that I really want to accomplish my goals and that it's not that I don't want to spend time with them.
6. Job- My job may want me to work long hours or work over night. That would make me feel lazy and sleepy. So I would talk to manager and see if I can have a flexible schedule so I can get enough sleep.
7. Kids- I might not be able to go to school if I have to stay home and take care of my kids so I should find a reliable babysitter or daycare that could watch them while I'm at work or at school.
8. Sickness/Illness- I might get sick and not be able to go to school. But I can always take online classes. I should also eat healthy and watch my health.
9. Criminal Background- A bad background could get in the way of me getting a good job. I should obey all laws and stay out of trouble.