PERSONAL RECOVERY PLAN

Three Steps Toward the Life You Want to Lead and the Person You Want to Be

workbook

LAYSHA'S LESSONS FROM THE SHE-SUITE
A LIFE & LEADERSHIP LEARNING JOURNEY
PERSONAL RECOVERY PLAN

Three Steps Toward the Life You Want to Lead and the Person You Want to Be

STEP ONE: REFLECT
An effective recovery plan begins with reflecting on where you are and what you’re learning.

STEP TWO: REIMAGINE
Now that you’ve reflected on your experience, think about how your answers connect to what matters most in your life. Envision the possibilities.

STEP THREE: RESET
After reflecting and reimagining what could be, identify what commitments you will make to put yourself on an intentional path to your new normal.
AS A STRATEGIC PERSONAL RECUPERATION PLAN:

\textbf{STEP ONE: REFLECT}

An effective recovery plan begins with reflecting on where you are and what you’re learning.

\textbf{ASK YOURSELF:}

1. \textbf{HOW AM I FEELING?}

2. \textbf{WHAT AM I LEARNING?}

3. \textbf{WHAT ARE THE THINGS I WANT TO DISCONTINUE OR LET GO?}

4. \textbf{WHAT ARE THE THINGS I WANT TO PRESERVE OR HOLD ONTO?}
PERSONAL RECOVERY PLAN

STEP TWO

REIMAGINE

Now that you’ve reflected on your experience, think about how your answers connect to what matters most in your life. Envision the possibilities.

ASK YOURSELF:

1. WHO DO I WANT TO BE?

2. WHAT IMPACT DO I WANT TO HAVE?
After reflecting and reimagining what could be, identify what commitments you will make to put yourself on an intentional path to your new normal.

**ASK YOURSELF:**

1. **WHAT 2-3 THINGS AM I COMMITTING TO DO?**

2. **OF THOSE 2-3 THINGS, WHERE WILL I START?**

3. **WHAT SKILLS OR SUPPORT DO I NEED?**

4. **HOW WILL I HOLD MYSELF ACCOUNTABLE?**
From her early days on the retail sales floor to her role today in the C-suite at Target, Laysha has been a business leader and community advocate for nearly 30 years. She serves on a variety of nonprofit and for-profit boards, as well as numerous committees and task forces. Her work complements her personal purpose, which is to be of service to others with a focus on women, people of color and other underrepresented communities. Laysha was appointed by President George W. Bush to serve on the board of the Corporation for National and Community Service and continued through the Obama Administration, where she served as board chair. She and her husband, Bill, live in Minneapolis where they enjoy walks along the Mississippi River, arts and cultural events, sports and volunteering.