



— 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*

1

STEP ONE: REFLECT

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

2

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.

3

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.

STEP ONE

REFLECT

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

ASK YOURSELF:

1 HOW AM I FEELING?

2 WHAT AM I LEARNING?

3 WHAT ARE THE THINGS I WANT TO DISCONTINUE OR LET GO?

4 WHAT ARE THE THINGS I WANT TO PRESERVE OR HOLD ONTO?

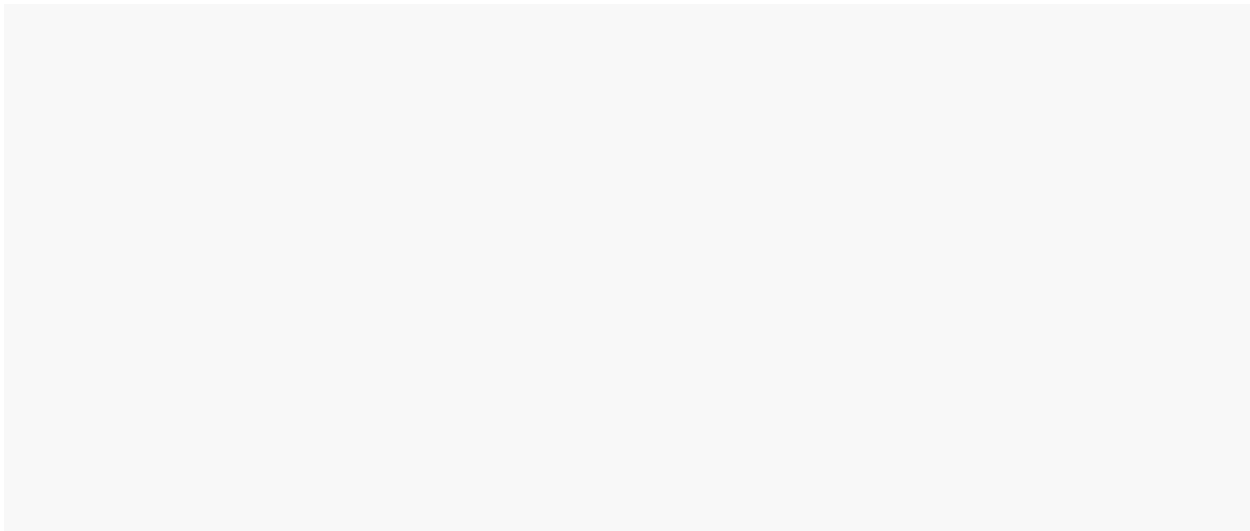
STEP TWO

REIMAGINE

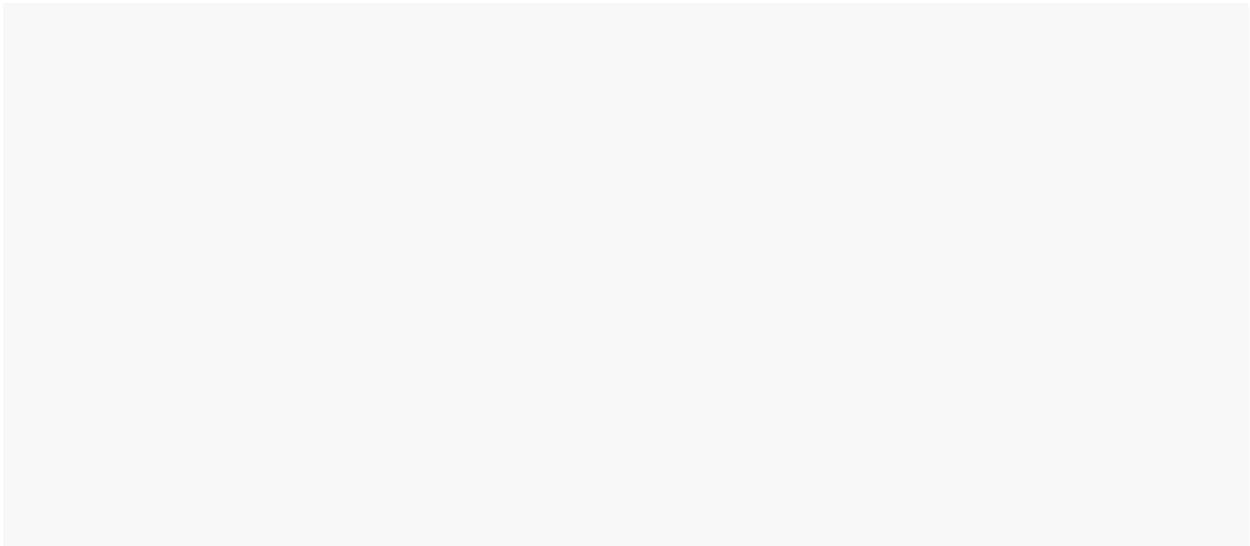
Now that you've reflected on your experience, think about how your answers connect to what matters most in your life. Envision the possibilities.

ASK YOURSELF:

1 WHO DO I WANT TO BE?



2 WHAT IMPACT DO I WANT TO HAVE?



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.

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?



Laysha Ward
Executive Vice President &
Chief External Engagement Officer, Target

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.



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