

## Sample 7: Sacred Strategic Plan

### Enduring Core Values

Integrity | Perseverance | Kindness | Faith | Love

### Enduring Mission

I exist to help people help themselves.

### 3-Year Vision

**In 2019 I will be a leader of teams that empower people to live with passion and purpose.**

Goal 1 – Self		Goal 2 – Relationships		Goal 3 – Work		Goal 4 – World	
By 2019 I will be present, spiritually balanced, and full of passion and energy.		By 2019 I will be present, spiritually balanced, and full of passion and energy with a committed partner and friends.		By 2019 I will be present, spiritually balanced, and full of passion and energy with people at work.		By 2019 I will be present, spiritually balanced, and full of passion with everyone I encounter in the world.	
<b>Strategies and 2016–17 Action Steps</b> <i>To reach this goal I will...</i>		<b>Strategies and 2016–17 Action Steps</b> <i>To reach this goal I will...</i>		<b>Strategies and 2016–17 Action Steps</b> <i>To reach this goal I will...</i>		<b>Strategies and 2016–17 Action Steps</b> <i>To reach this goal I will...</i>	
<b>A. Develop mindful practices and awareness.</b>		<b>A. Practice staying present and increase awareness in relationships.</b>		<b>A. Practice staying present and increase awareness at work.</b>		<b>A. Practice mindfulness and staying present in the world.</b>	
<u>Three things I will do this year:</u> [ ] Get a book on mindfulness. [ ] Use 5 mindfulness exercises daily. [ ] Journal mindfulness practices and identify when I was agitated or not being present.	7/1/16 8/1/16 8/1/16	<u>Two things I will do this year:</u> [ ] Identify each time I'm not present or am in anxiety or fear to a partner/ friend for 30 days. [ ] Teach mindfulness exercises to partner/friend.	8/1/16  8/1/16	<u>Three things I will do this year:</u> [ ] Get a book on mindfulness for work. [ ] Teach mindfulness exercises at work at least once a month for three months. [ ] Develop and implement mindfulness treatment plan goals and objectives at least 3 times.	7/1/16 10/1/16 8/1/16	<u>Three things I will do this year:</u> [ ] Obtain a book about mindfulness in another culture. [ ] Find mindfulness/meditation group or meet up to attend weekly. [ ] Travel for a mindfulness/meditation event.	9/1/17 10/1/17 1/1/17
<b>B. Increase spiritual habits and practices.</b>		<b>B. Increase spiritual practices and habits with friends and partner.</b>		<b>B. Increase spiritual practices and habits with friends and partner.</b>		<b>B. Increase spiritual practices and habits with in the world.</b>	
<u>Three things I will do this year:</u> [ ] Buy/obtain 3 spiritual books. [ ] Attend worship services weekly for at least one month. [ ] Find and attend a spiritual group regularly.	7/1/16 8/1/16 8/1/16	<u>Three things I will do this year:</u> [ ] Regularly invite friends to weekly worship services. [ ] Attend spiritual group regularly with a partner/friend. [ ] Implement prayer ritual with partner/ friend daily for 30 consecutive days.	8/1/16 6/1/17 6/1/17	<u>Three things I will do this year:</u> [ ] Incorporate a daily prayer/ meditation ritual at work. [ ] Implement a spirituality check-in for groups at least one time weekly. [ ] Develop and implement a spirituality treatment plan goals and objectives at least five.	7/1/16 8/1/16 9/1/16	<u>Three things I will do this year:</u> [ ] Seek out new spiritual practice once a month and log. [ ] Read about spiritual practices and habits in other cultures once monthly. [ ] Travel to spiritual event.	10/1/16 1/1/17 1/1/17
<b>C. Practice being open to and following passionate feelings and ideas.</b>		<b>C. Practice being open to and following passionate feelings and ideas in relationships.</b>		<b>C. Recognize, support, and explore passionate feelings and ideas.</b>		<b>C. Practice being open to seeking, supporting or following passion and energy.</b>	
<u>Three things I will do this year:</u> [ ] Establish a routine of identifying when something stirs passionate feelings and excitement. [ ] Identify and practice activities that provide excitement and energy. [ ] Journal about entries to explore ideas and possibilities or plans to follow passions.	7/1/16 10/1/16 7/1/16	<u>Three things I will do this year:</u> [ ] Establish a routine of identifying when something appears to stir passions and excitement in partner/ friend and log. [ ] Identify, develop and practice an activity that provides excitement and passion with partner/friends. [ ] Journal about log entries to explore ideas and possibilities for partner/friend and set time to discuss with them twice yearly.	8/1/16 6/1/17 6/1/17	<u>Three things I will do this year:</u> [ ] Establish a routine of identifying when something appears to stir passions and excitement at work/clients and log. [ ] Develop and implement treatment planning to explore passion. [ ] Implement weekly passion and excitement check-in for group.	8/1/6 10/1/16 10/1/16	<u>Two things I will do this year:</u> [ ] Get a book on developing or following passion. [ ] Travel to an event on finding passion or about a subject that excites me.	2/1/17 2/1/17

