

## Sample growth goals

### Growing mentally by:

Reading a book a chapter in bible about leadership

Listening to bible tapes a encouraging tape from billy graham

### Develop Spiritual fitness by:

Reading the bible 60 minutes daily or 1 chapter daily

Praying 60 minutes daily

Journaling 30 minutes daily

Leading family devotions 30 minutes a day

2 days a week

Fasting 5 day a month

### Increasing physical fitness by:

Exercising 60 minutes 5 days a week.

Sleeping 8 hours a night

Eating less sugar and more fruit and vegetables

### Investing in relationships with:

Spouse N/A

Children N/A

Apprentice 30 minutes a day

Other 30 minutes