Leadership 104 Lesson 8 Homework - Jennifer Gonzalez

Grow mentally by:
reading a chapter a day
Listening to an online sermon 2 times a week

Develop Spiritual fitness by:
reading the Bible 3 chapters daily
praying 1 hour a day
journaling 30 min a day
leading family devotions 60 minutes a day, 2 days a week
fasting 4 days a month

Increasing physical fitness by:
exercising 60 minutes, 4 days a week
sleeping 6 hours a night
eating less sugar and more soups

investing in relationships with:
Fiancé 1.5 hours a day
Cat, Dominick and Jr: 3 hours a week
Discipleship group 2 hours a week
Wedding planner: 30 min a week
Mother: 1 hour a week