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