Chris Villalobos

Fall 2020

Leadership 105

What Now? Personal Growth Plan:

**Grow Mentally By:**

Reading a chapter a day of my current book, Dr. David Jeremiah “God loves you: He always has-He always will.”

Listening to Dr. David Jeremiah “Turning Point”.

**Developing Spiritual Fitness By:**

Reading the Bible daily.

Praying daily.

Journaling daily.

Leading Devotions for my children 15 minutes a day 5 days a week.

Fasting once a week.

**Increasing Physical Fitness by:**

Exercising daily.

Sleeping 7-8 hours a night.

Eating healthy by eating less processed foods and more fresh vegetables and fruits.

**Investing in Relationships with:**

Mentor (2) brothers in the Lord using the Breaking Free curriculum.

Spend uninterrupted time with my wife 1 hour a day 7 days a week

Spend uninterrupted time with my children individually 1-2 hours once a week.

Reach out to my parents 30 minutes every other day.

Reach out to brothers in the Lord via text or phone call every other day.

**What Now?**

The growth goals I placed in my growth chart revolve around investing in relationships that will allow me and them to grow in the things of God. It’s me being consistent and deliberate in my purpose to meet the needs of those around me and ministering love and hope to them. I plan to evaluate my plan every so often so that it stays fresh, adding and subtracting goals based on the evaluation.