

Leadership 104 Lesson 8 Growth Charts Homework- Jaime Ahumada

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Grow Mentally by – Reading Bible verse a day, Listening to Inspirational tapes daily

Develop Spiritual fitness by- Reading the Bible 30 mins daily or 2 Chapters daily

Praying- 30 mins daily

Journaling- 5 mins daily

Leading family devotions- 60 mins daily, 7 days a week

Fasting- 4 days a month

Increasing Physical Fitness by- Exercising 30 mins, 5 days a week

Sleeping- 6 hours a night

Eating- less sugar and more protein

Investing in relationships with- Spouse 120 mins a day, Children 120 mins a day, apprentice 60 mins.

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Day	Book	Tape	Prayer	Bible	Exercise	Family Devotion	Spouse
Monday	60 mins	120 mins	120 mins	20 mins	20 mins	60 mins	90 mins
Tuesday	15 mins	120 mins	120 mins	20 mins	20 mins	60 mins	90 mins
Wed	15 mins	120 mins	120 mins	20 mins	20 mins	60 mins	90 mins
Thurs	15 mins	120 mins	120 mins	20 mins	20 mins	60 mins	90 mins
Friday	15 mins	120 mins	120 mins	20 mins	20 mins	60 mins	90 mins
Saturday	15 mins	60 mins	120 mins	20 mins	20 mins	60 mins	48 hours
Sunday	15 mins	60 mins	120 mins	20 mins	20 mins	60 mins	48 hours