Leadership 104 Lesson 8 Homework- Eileen Ahumada

**Grow mentally** by Reading a Chapter a day, Listening to tape a week Devotional .

Develop spiritual fitness by- Reading the Bible 30 mins or 1 chapter daily, praying 60 mins. Daily, Journaling 30 mins daily, Leading family devotions 30 mins a day, 7 days a week. Fasting 4 days a month, 1 day a week.

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**Increasing Physical Fitness** by- exercising 30 mins, 5 days a week., Sleeping 8 hours nightly, eating less Carbs and more vegi’s.

**Investing in relationships** with - Spouse 2 hours a day/ 48 hrs weekends, Children ( Adults) daily devotion text, weekly phone call, Apprentice daily devotion text, daily phone call, Family daily devotion text/ daily phone call.

**Personal Growth Chart**

Day Book Tape Prayer Bible Exercise Family Devotion Spouse

Monday 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Tuesday 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Wed 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Thurs 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Friday 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Saturday 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours

Sunday 15 mins 15 mins 30 mins 30 mins 20 mins 1 hour 2 hours