Growth Goals

I will grow mentally by reading 2 different daily devotionals daily along with scripture.

I will grow mentally by listening to sermons I find on you tube.

I will develop spiritual fitness by reading 20-30 mins daily.

Praying for 20 mins minimum every morning.

I will journal as often as I remember.

I will fast minimum of once a month.

I will increase physical fitness by exercising minimum 30 mins daily.

Sleeping minimum 6 hours a night.

Eating less sugar and more healthy snacks.

I will invest in relationships by spending minimum 2-3 hours a week with my husband.

I will spend 30 min daily with one of my children.

I will spend minimum 1 to 2 hours weekly with my apprentice.