

Grow mentally by:

- Reading my Bible and a devotional.
- Listening to worship music, podcasts and YouTube sermons and live sermons.

Develop spiritual fitness by:

- Reading the Bible at least 1 chapters daily and spending at least an hour.
- Praying 1 hour daily.
- Journaling 5-10 minutes daily.
- Leading family devotions 10-15 minutes, 5 days a week.
- Fasting 2-5 days a month depending on prompting by the Lord.

Increase physical fitness by:

- Exercising 60 minutes 5-6 days a week.
- Sleeping 7-8 hours a night.
- Eating less snacks from gas stations and more full meals.

Investing in relationships with:

- Parents 1-4 hours a day 6 days a week.
- Sibling 1-4 hours a day 6 days a week.
- Apprentice 60 minutes a day 1 day a week.
- Other (friends) 1-4 hours a week.