Cynthia Jimenez

Leadership 104

Week #9

Growth Goals pg 93

Grow mentally by:

Reading a confidence building book

Listening to podcast on parenting

Develop spiritual fitness by:

Reading the bible 20 minutes a day

Praying 15-20 mins a day

Journaling 5mins a day

Leading family devotions 5 mins a day 7 days a week.

Fasting 4 days a months. Once a week.

Increasing Physical fitness by:

Exercising 60 mins a day 5 days a week

Sleeping 7 hours a night

Eating less carbs, fast food and soda and more fruits and veggies

Investing relationship with:

Spouse: 20 mins a day

Children: Need all day at anytime, on demand, at will.

Apprentice:4 hours a week