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Leadership104
Growth Goals

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Growth mentally by:

- Reading a book about apologetics by a Christian influencer
- Listening to a podcast on how to

Develop Spiritual fitness by:

- Reading the Bible 60 min. Daily.
- Praying 60 min. daily (also throughout the day).
- Journaling for 15 min. daily.
- Leading family devotions for 15 min. a day, twice a week.
- Fasting 3 days a month

Increasing physical fitness by:

- Exercising 30 min. a day 4 days a week.
- Sleeping 6-8 hours a night.
- Eating less sugar and more greens.

Investing in relationships with:

- Family as much as possible
- P12 as much as possible