

Desiree Chavez

Leadership 105 HW 2

Personal Growth Plan

Grow mentally by

Reading a chapter a day.

Listening to a podcast by Sarah Jakes Roberts.

Developing Spiritual Fitness by:

Reading the Bible 30 minutes daily or 5 chapters daily.

Praying 60 minutes daily.

Increasing physical fitness by:

Exercising 30 minutes 4 days a week.

Sleeping 6-8 hours a night.

Eating healthy by eating less sugary foods and more water/ plant based foods.