

Lesson #7 Page 93-94: Growth Goals

Grow Mentally By:

- Reading at least one new book per month on self-development and leadership. (Tuesday)

Spiritual Growth By:

- Continuing my daily devotionals and then sharing these with my power of 12 to encourage them. (Daily)
- By scheduling intercession prayer and sticking to that schedule. (Tuesday and Saturday)

Physical Fitness By:

- Exercising for a minimum of 45 minutes three times per week. (Monday, Wednesday and Saturday)
- Making sure that I sleep at least 6 hours on any given night. (Daily)
- Eating less junk food. (Daily)

Investing in Relationships with:

- My Mom, My Nephews & My Niece (As Often As Possible)
- That no matter what I visit in person at least once per week (Once or More EVERY Week)