Session 2: Personal Growth Plan

Life Plan - Daily, Weekly, Monthly and Quarterly Disciplines

Create a plan to increase your connection to Christ by using the different roles and disciplines provided and deciding what you are going to engage in on a daily, weekly, monthly, or quarterly basis.

Being Human Roles	Daily Disciplines
Heart -	
Pray (Prayer, Submission, Solitude and Silence)	
Petition (Intercession and Watching)	
Soul -	
Reflect (Journaling and Meditation)	
Relate (Confession, Counseling (Guidance), Retreats)	
Mind -	
Ponder (Study Scripture, Journaling,	
Pilgrimage/Sabbatical)	
Plan (Planning your Life, Life Coaching (Guidance))	
Strength -	
Eat (Temperance, Fasting)	
Exercise (Exercise, Sabbath, Surrender)	

Weekly Disciplines	Monthly and Quarterly Disciplines