

Summer Growth Project

Summer is almost here! I know you must have all sorts of plans: rest, hang out, work, travel...but I want to be sure that you take some intentional time to grow as a person made in God's image¹

Today, you will spend time creating a summer growth plan .

You can work together , but each person must make an individual plan.

Decide how you will plan to grow in the following areas:

1. Physical (examples - walk 3 times a week, swim twice a week, run a marathon, start jiu jitsu...)
2. Mental (read a book a month, watch a course on a subject you'd like to know about, study jiu jitsu, etc)
3. Spiritual (read through all 4 gospels, read a chapter a day of Proverbs, keep a prayer list, start a journal, memorize scripture, etc)

For each category,

1. State an attainable, simple goal
2. Decide how you will reach the goal
3. Set times / days that you will work toward this goal

You will present this to the class in an informal way on the last day of school. It will simply go toward your participation grade . Share it with your parents, friends, etc.

Have a great summer!

Mr. C