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|  **Spirit-Strengthening Plan**  |
| **Assignments for: S. Ample** | **1 Month Goal** | **3 Month Goal** | **6 Month Goal** | **Annual Goal** |
| **Maintenance** |  |  |  |  |
| Objective #1  |   |    |    |    |
| Objective #2  |   |    |    |    |
| **Exercise** |  |  |  |  |
| Objective #3  |   |    |    |    |
| Objective #4  |   |    |    |    |
| **Nurture** |  |  |  |  |
| Objective #5  |   |    |    |    |
| Objective #6  |   |    |    |    |
| **Supplement** |  |  |  |  |
| Objective #7  |   |    |    |    |
| Objective #9  |   |    |    |    |
| **Indulgence** |  |  |  |  |
| Objective #10 |   |    |    |    |
| Objective #11 |   |    |    |    |

 Stage:

Date:

By:

 Self-Tasked? Coached?

Plan #\_\_\_\_ of #\_\_\_\_.