|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 #\_\_\_\_.