

# Next Level 101 Personal Growth Plan

For: \_\_\_\_\_ Year: \_\_\_\_\_

## **Personal Mission Statement**

## **Personal Habits, Skills, Goals for this year**

## **Spiritual Disciplines**

1. *Daily Connection Time: Connecting with God, His Word, and prayer.*
2. *Weekly "Sabbath"-extended time of solitude and listening to God*
3. *Internalization of God's Word/Life Change Verses—  
Colossians 3:1-17, Ephesians 6:10-20, I Thess. 4:3-8, Romans 12*

## **Influencing Relationships**

Journeyman(men): Next Level Men

Mentors:

Non-Christians:

## **Reading**

*Old Testament and New Testament: One-third of the Bible  
Books :The Life You've Always Wanted(John Ortberg), The Search for  
Significance(Robert McGee) Everyman's Battle(Steve Arterburn/Fred  
Stocker),Living on the Edge (Chip Ingram)*

## **Physical Disciplines**

Exercise:

Nutrition:

Rest (sleep, rest, recreation):

Weight:

## **Professional, Ministry & Family Goals**