

# 8 AREAS OF GROWTH



*@chelseyfea dbc*

**SELAH**

**SPRITUAL**

**EMOTIONAL**

**FAMILY**

**PHYSICAL**

**CAREER/CALLING**

**FRIENDS**

**FINANCIAL**



## STRETCH GOALS

**3 STRETCH GOALS WITH METRICS THAT YOU CAN MEASURE PROGRESS EACH MONTH.**

- 1.
- 2.
- 3.