

# 2012 PERSONAL DEVELOPMENT PROJECT

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Choose **2 areas only** that you need to improve on. You will be given time during class times to accomplish your "Do-in-class" activities will.

## 1. Spiritual Development

**Outside Class:** Practice at least one spiritual discipline each week throughout this course. You will be asked to write in class a brief reflection on your experience for each discipline. Keep track of your progress using the chart below:

Spiritual Discipline	Date practiced	How I practiced the discipline	How this helped me in my intimacy with God
Solitude			
Self-examination			
Self-denial			
Submission			
Transparency and accountability			
Servanthood			

## 2. Physical Development

**Do in class:** Individually write down the kinds of food you ate for the past two days.

**Outside class:** Read the article "What Would Jesus Eat? (*Handout to be given*) and the following verses: Leviticus 11 and Genesis 1:29; 9:3-4. Compare the food you consumed (which you wrote down in class) with the prescribed diet in the Bible. Make a "weekend menu" based on the Jewish diet prescribed in the passages you read and what the article explains.

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## 3. Mental Development

**Do in class:** Identify what to avoid feeding your mind; identify what you need to feed your mind;

**Outside class:**

- a. Choose a book that addresses your need for mental feeding. Submit the book title the author, and the reason you chose the book (include what the book talks about and how that can help you with your intellectual growth). Kindly indicate as well how you will obtain a copy of the book and when you intend to begin reading and finish reading the book.
- b. Consider a media fast for two days. The forty-eight-hour media fast includes: **Non-work-related internet use, Facebook and other social media networks, TV, newspaper and magazines, radio stations, video games, Ipods, MP3 players, etc.**

## 4. Emotional/Relational

**Do in class:**

1. Do the Personality Type Survey on pp. 90-91 and submit your top 2 highest scores (form given)
2. In pairs, share what you learned about yourself based on the Personality Type Survey results.
  - a) "In what ways do you think your personality type influences your emotions?"
  - b) How can knowing this interaction between your personality type and emotions help you improve the way you relate to others?

*Refer to Weakness Column, page 92 and choose one to improve on.*

**Example:**

I'm a high "D", one weakness is I can be too controlling.

My plan to improve: I will refrain from telling my younger sister what to do in her decisions for work and relationships.