

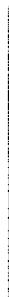
P-R-A-Y — A STRATEGIC PLAN FOR PERSONAL GROWTH

1. **Pray** - In what specific area do you desire personal growth? What motivates you in this area? Identify the obstacle that stand in your path.

2. **Read and Analyze** - Make a list of Scriptures that are relevant to the area in which you want to change.

Scripture

Insight



3. **Apply the Appropriate Disciplines** - Which of the spiritual disciplines are most appropriate to the area you've targeted for change? Be specific about each one and how you would seek to practice it.

4. **Yield to the Accountability of Others** - How can you become accountable to others who are committed to your success?