

	SPIRITUALLY (TIME)	RELATIONALLY (TRUST)	PHYSICALLY (TEMPLE)	FINANCIALLY (TREASURE)	MISSIONALLY (TALENT)
DAILY / REGULARLY	Quiet time of journal time and time to listen to gospel music.	talk to bestfriend and talk to my sister.	Eating greens and fruits	i like to save money especially for Emergency	Painting and writing poetry
WEEKLY	listen to gospel music three times a week in my car.	talk to my Bestfriend and sister; 7 days a week.	workout three times a week. Jump rope twice a week take walks and jogging three times a week	twice a week i save throughout my paycheck	once a week or when i am free to do it since i am busy with school work and work
MONTHLY	6 times in the month that i listen to gospel music;	we talk for the whole month, everyday on the phone or when we have time.	6 times in the month; i go walking and running	twice in the month	4 times in the month i like to write poetry or when i am free to do it.
QUARTERLY/ SEASONALLY	season throughout the whole year.	seasonal especially during school time and vent about school	seasonal is fall and summer	seasonal: during Covid and during the winter	during the fall and spring i like to be outside and paint . It relaxes me; this is a great way to ease my mind.
ANNUALLY	20 times in the year	20 times in the year or more	Mostly during the summer and fall i like to workout outside in the park. i would want to loose 10 pounds by the next two months	During the winter i save alot more especially when its cold outside because i cant go anywhere besides work and school. By time this next year i would like save up more so, double of	i would want to have my art gallery in the next year or two.