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Spiritual Growth plan and creative element

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For the final part of this class, we were asked to write a three and a half year plan for my spiritual growth. To begin with I will define spiritual growth. Spiritual growth is the process of inner awakening, rising of consciousness beyond ordinary every day and existence also awakening to some universal truths. Spiritual growth is also going beyond mind and ego and realizing who you are.

As far as spiritual growth in the next three and a half years I plan to increase my forgiveness for those who I have hurt me and to ask for forgiveness from those who I have hurt that I love. I plan to slow down and enjoy the quality of my life by taking care of myself and enjoying time with family. As far as intellectual spiritual growth I plan to continue my education and serve those who have been hurt as a counselor and get a stronger understanding of my religion and how to bond with those I love and care about. I will continue to love myself as a mom, daughter and person over all. I will also work on being able to trust others again.

I will hold myself responsible for bettering myself as a person. I take responsibility for my actions and the consequences. Bettering myself is a positive move and I will continue to better myself as a person, mom and daughter. As far as social accountability which is an

approach toward ensuring accountability and I plan to continue to surround myself with family and those I love to become stronger over all. I plan to continue to speak to counselor to help guide me to better myself so I can live a more fulfilling and happy life.

I do want to at some point attend church services but research the best fit for me but a lot of changes have taken place at the church I belong to and I would like to feel comfortable in a place to continue my spiritual growth. I plan to continue a bond with family and friends and maybe some day be in another relationship but for now I am happy as myself and spend time with my family and regain self confidence.

I do plan to become a domestic violence counselor and in order to do so I need to continue with my education. The proper guidance and self confidence is needed and I believe that is getting stronger every day. I did learn a lot from this course and it gave me the help to continue and I now am more confident with myself with support and an education I feel I can do it all and be a better person.