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Spiritual Growth Plan: The Next Three Years

In three years, I will be twenty four years old, and no longer a student at Alliance University. Oftentimes, I'm so caught up in the present – or just making it through each day or the week, that I forget that this time accumulates to years, and eventually decades. Therefore, I understand the importance of continually creating and updating a life vision in all aspects. It is imperative that despite the consistency of each day, we move towards growth rather than repetition in stagnancy. The growth can look very different emotionally, socially, spiritually, and intellectually. In addition, the support and accountability needed in each part can vary as well. All in all, the spiritual growth plan is a perfect opportunity to physically record such growth expectations, and in turn reflect upon this record in the future.

Emotionally, I believe that I will be carrying new burdens and new layers of emotions as a registered nurse. As expected, the nursing profession is highly susceptible to emotional burnout simply due to what the profession entails with patient care, and working conditions. As a result, I hope to grow in learning how to process and cope with new emotions that arise with the profession. Apart from emotions related to my profession, I hope to grow emotionally in relationship to God, myself, family, friends, and partners. At present time, I still find it difficult to completely be transparent with my emotions. I've grown to be emotionally avoidant and independent as a defense mechanism. However, I anticipate growing into embracing uncomfortable emotions, and feeling worthy to feel the emotions I'm feeling at the moment.

Socially, I hope to still be well connected to my life friends from church, college, childhood, and work. In the next three years, I want to grow in my discernment of energy giving and energy draining events in order to take care of my mental health. Intellectually, I will be a new graduate nurse in the field. Therefore, I anticipate continually taking the extra mile to learn from work experiences. In the next three years, I would like to have the same attitude of learning as if I am a nursing student even if I have my registered nurse license. I would also be considering higher education beyond just my bachelor's, like nurse practitioner school or nurse anesthetist school.

Lastly, in my spiritual life, the next three years of growth will look like persistently pursuing God in the good and the bad. I also want to see fruit in how God will use my creative giftings while pursuing a profession that isn't so creative. In addition, I am excited to see how the Lord uses me as an empty vessel to evangelize to individuals that I may encounter on the job. Overall, I anticipate to grow wiser as I experience new facets of the Lord.

In all these parts, accountability is how one can self reflect and redirect if warranted. Furthermore, accountability from others can check and test your own discernment and perception of growth. The first person that will keep me accountable in this process is the Lord. His divine interventions will affirm or deny my path. Secondly, I will be keeping myself accountable with self reflection and awareness. And lastly, mentors, family, friends, and co-workers are a source of external accountability and support during this process.

All in all, although this is the three year spiritual growth plan that I imagine for myself at this very moment, it is planned and taken with a grain of salt. The Lord works in mysterious ways where this may not be my plan six months, three months, or even one day from today. I let go of control if this three year plan isn't necessarily the way I expected it to be.