

Chermalyn Lukanob

Student ID No. 118196

March 21, 2023

PMN 101

### Spiritual Growth Plan

To grow, it is important to evaluate yourself. Self-care is necessary for emotional, social, intellectual and spiritual growth. Developing growth plan can be tricky, especially if we aren't sure what it is that we want to accomplish. I consider my interests, things that bring me joy and things that keep me motivated. Also, I would like to think about the things I want, like where I want my life to go or what I would do more of if I could. Having a deep investment in this growth plan that I will going to set will increase the chances of completing them.

For emotional growth, I would like to start by observing how I feel. Often, I lead hectic, busy lifestyles and it's all too easy for me to lose touch with my emotions. To reconnect, I'll try setting a timer for various points during the day. When the timer goes off, I'll take a few deep breaths and check how I am feeling emotionally. What I really want, and my target is to develop myself awareness and self-management. Having the ability to focus on myself and making a better judgement or decision is what I am looking forward to. Along with this is my social growth. The emerging abilities to cooperate, see others' perspectives, and develop social responsibility. It is interesting to develop how to deal with other people and interact with different groups in our society.

In addition to my spiritual growth plan is honing my intellectual capabilities. I really want to routinely read books, magazines, or articles for leisure. And aside from watching videos, documentaries or other media content that stimulate my thinking, it is great to practice free

writing or jotting down my thoughts through journaling. With social and intellectual development, I would love to share ideas and engage in topic-specific discussions with my peers.

Lastly, my spiritual growth plan. It is easy to say that if you want to grow your faith you just need to pray or read the scriptures. But if you really want to develop your spiritual faith you have to consider your spiritual maturity. It is significant to humble myself and pray, read, and comprehend the bible. Spiritual growth is a process. Spending quiet time alone pondering the meaning of life and my relationship with God is I think the first step for my spiritual growth plan. I would like also to include how to meditate.

This plan will enable me to grow and develop not only emotionally, socially, intellectually, and spiritually but also physically. Eating healthy diet and doing exercise will able my body and mind perform and be committed on my plan. I am looking forward for this.