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Introduction to Spiritual Formation

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### A written summary of my Spiritual Growth Plan

My 3 ½ years plan outlines my personal and spiritual growth objectives, along with the specific steps I will take to achieve them. Through this plan, I aim to enhance my personal development over the next three years, taking full responsibility for my progress and ensuring that I remain committed to my goals.

I have made my decision to focus on my emotional growth as my primary goal. While I am typically not an emotionally expressive person and tend to remain unaffected by things, my girlfriend has played a significant role in encouraging me to open up and express myself more freely. I have come to realize that this transformation has positively impacted both our relationship and my personal development. Therefore, I have entrusted her with the responsibility of keeping me accountable in this journey toward emotional growth. She is the only person who truly understands me and my life, and I am confident that her support will be invaluable in helping me achieve my goals.

The subsequent stage of my growth plan is focused on improving my social skills. I would describe myself as a fairly outgoing individual, and I enjoy socializing and making new friends. Therefore, I believe that this aspect of my spiritual development will be relatively easy to achieve, as I derive pleasure from it. I recently moved to the United States in August and have already established a broad circle of friends, particularly within the soccer team, with whom I have formed close bonds. Since everyone is a stranger in a new country, I felt very comfortable

socializing and meeting new people so rapidly. Additionally, my multicultural family has exposed me to various cultures, and I always relish learning and experiencing new things.

Next is the spiritual actual spiritual part of my plan. This course has intrigued me as it has introduced new concepts which I enjoy learning about. I believe studying at Alliance University will be instrumental in my spiritual growth as it is a Christian campus that incorporates religious themes. Being surrounded by people on the same journey will provide an excellent opportunity to discuss and understand each other's perspectives. Additionally, the meditation assignment during the class has helped me reflect and disconnect from modern life, which I plan to continue. Although I hold myself responsible for this, it would also be beneficial if my classmates and teachers could hold me accountable and discuss each other's individual paths and journeys.

Finally, my last phase will focus on my intellectual growth in the upcoming years. The cornerstone of this phase is my education at Alliance University, where I plan to expand my knowledge of my major IT and faith. In the next three years, I anticipate meeting many individuals from diverse backgrounds at Alliance, which will enrich my intellectual growth by exposing me to different cultures, perspectives, and ways of life. Living in New York City away from my family will also be an excellent opportunity for me to learn how to live independently and adjust to a new lifestyle. I am responsible for exploring these opportunities to further my intellectual growth. Furthermore, I can improve my intellectual development by engaging in reading and other activities outside of school, which will also benefit me in the long run.

In conclusion, my 3 ½ years plan is a comprehensive approach to enhancing my personal and spiritual growth. It focuses on emotional growth, social skills, spiritual development, and intellectual growth, and outlines specific steps to achieve these goals. By taking full responsibility for my progress and holding myself accountable, I am confident that I will achieve

significant personal development in the next three years. Furthermore, my girlfriend's support, Alliance University's religious themes, and exposure to diverse cultures and perspectives will provide additional opportunities for growth. Ultimately, I believe that this plan will not only benefit me personally but also have a positive impact on my relationships, career, and overall quality of life.