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Introduction to Spiritual Formation

3-year Spiritual Growth Plan

I consider that as a human being, my spiritual growth has a big importance and it is very important to improve in that area. However, spiritually growing is a hard job which requires of a detailed plan that includes how am I growing emotionally, socially, spiritually and intellectually, and who will hold me accountable in these areas. That's why I decided to create my 3-year plan for spiritual growth.

The first year will totally be the easiest one, because it will be the introduction to all the methods and it is just to begin to feel comfortable with the plan. It will help mostly to the emotional and intellectual growing. It will make me more motivated, emphatic, self-conscient and will improve my social skills. The first method will be the mediation, I will try to practice it daily, so I can reach a state of mindfulness, which will help me to overcome my worries and my problems. Another method will be attending once a week to the therapy, so I can understand my feelings in a better way and try to fix them. The last one is making sure to be part of activities that will make me happy and reduce my stress, so I can be more relaxed and my mind will be calmed. Some of these activities could be reading, exercise, spending time in nature and trying different team sports, so I can work on my social skills as well. In this year my accountability

partner will be a therapist, probably my sister could be it, because she is a very good psychologist.

For the second year, I will focus more on growing socially, I will build more relationships with people and make my already existing relationships stronger. For this, it will be necessary for me to be more empathic, friendly and I will have to learn how to communicate in a more proper way. The methods I will use are: trying community service with people who are in need, so I can work on my empathy. I will attend to workshops on how to communicate better, so I can then try to go and talk to new people, so I can build new relationships. To keep my relationships stronger, it will be necessary for me to be a better listener, so I can understand people better. My accountability partner for the second year could be a spiritual mentor or any friend who has better communicative skills than me, so we can meet and discuss on how my plan is progressing.

In my last year of the spiritual growing plan, I will focus on growing on the spiritual and intellectual areas, this will be the hardest year, but also the most important one, which will define whether I conclude my spiritual growing plan or not. This year I will understand my purpose in life in a better way and make my connection with God stronger. I will also expand my knowledge. The methods I will use are: practicing my spiritual reflections daily, that includes reflection, meditation and prayer. I will also read the Bible at least once a week, so I can work on my spirit and religious knowledge. The last one is joining groups or workshops on any topic that

I want to learn new skills and expand my knowledge. For this, my accountability partner will be any spiritual mentor or guru which can help me with my spiritual goals.

To sum up, this plan will be very effective for me, not only on the process, but for the rest of my life, it will also help me to become a better person and feeling better with myself. One of the biggest obstacles on the plan would be the huge commitment that it requires, but if it's a goal that I really want to achieve, I think I will be able to handle it. I consider that every person should think about doing a spiritual growing plan, even if it's a shorter one, it doesn't need to be 3 years long.