

Nicole blanch

Professor Constance Diggs

PMN101: Introduction to Spiritual Formation: OB

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Spiritual Growth Plan

It has been a very long year being a freshman in college isn't a joke on top of that being a college athlete, but the truth is that personally it has been one of the best years of my life in all areas. I believe that during this year, I have grown in many aspects: personally, sportively, emotionally, spiritually; and all those improvements have led me to be as happy as I am right now.

Without any doubt the period in which I have grown more as a person has been in the second half of the year since I began to experience new things that I had never done before. Coming to New York has always been one of my dreams but at the same time I have always felt fear because I am a person who is very attached to my family and not seeing them for 9 months is quite hard. When I got on the plane in September 2022 I knew that my life was going to make a big change in every way and it has, one of the big differences that I notice is my connection with God; I think that hopefully I have grown a lot and I have come closer to God because being so far away from my family I need to talk to God to tell me that they are well and that everything is going well in Florida. In general I feel that my relationship with God has become something essential in my day-to-day life and that I need it in order to continue to be happy. I also think that I have grown a lot personally, since coming to New York to live has made me change in many aspects of my life since my responsibilities have changed a lot and I no longer have my parents behind me to help me with everything. The truth is that being able to live away from home while

studying, training and working has made me mature a lot and see the reality of life. This year I am learning a lot of things, how to manage my money, how to find solutions to any problem I have without needing my parents.

When I look into the future, I see a lot ahead of me, what I mean by this is that it is true that I have grown a lot in all areas of my life but I still have a lot more to grow in all areas. What I want to achieve is happiness in all areas of my life and for that I need to be mature enough in all areas of my life, what I want is to have a relationship with God that I can support every day and know that it will never fail me, I also want to be able to be mature enough to solve all my problems without help or be smart enough to not believe what the rest tells me without knowing it is true and question it first, in general what I want is a future where I can be really happy. To achieve all this I will continue to learn in general but above all I will try to improve my relationship with God so that when I need to be there, on a personal level I will grow more by living experiences and taking advantage of every opportunity that presents itself to me.

If I had to highlight one of the things that I have learned this year and that I would stay with would be to know that I am not alone, that is to say that I always have God with me and that whatever happens he will always be there to talk to me and help me with the problems that I have and that I should talk much more to God because telling everything that goes on in my head helps me to keep going.