

# I AM DEVOTED TO MY SPIRITUAL GROWTH



*Nathaniel X Ross*  
*Life is About Choices...What's Yours?*

## INTRODUCTION



My spiritual growth matters to me because it is my fountain of strength for life. ***As I grow spiritually, I become more capable of handling life's challenges with a winning attitude.***

I spend time each day reflecting on my values and becoming more knowledgeable about my beliefs. I give careful thought to the truths that I live by and question myself about the reasons behind my convictions to ensure that they are truly my own.

Just as living things must be nourished in order to grow, my spirit needs to be fed regularly. I nourish my spirit by praying regularly and reading enlightening literature. The consistency of my prayer practice generates stability in all areas of my life.

I cultivate spiritual growth through meditation and contemplation. ***I devote time to personal reflection so I can align my actions to my beliefs.*** I have a quiet place where I habitually go to find balance in the midst of solitude.

I turn off the world and focus on my soul in order to be the person I want to be - from the inside out. I place enormous emphasis on my inner person because that is who I truly am. My outward actions are only as kind and generous as I am on the inside.

Today, I choose to set aside time for prayer and spiritual growth. I value my spiritual development as the foundation of who I am as a person. By taking care of my spirit, I ensure positive growth for all other areas of my life as well.

Health, Family & Friends, Career, Finances, Community and Education

## SELF-REFLECTION QUESTIONS:

1. How much time do I spend daily in prayer or meditation?
2. How is my spiritual growth tied to other areas of my life?
3. What time of the day could I set aside for reflection?

**It is recommended that you have and consult your Spiritual Advisors,  
in making decisions.**

**By Nathaniel X Ross, International Empowerment Life Coach**

**Want to learn more?**

**Go to my website [www.nathanielxross.com](http://www.nathanielxross.com)**