



The Receiver



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But be doers of the word, and not hearers only.... James 1:22

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CONTINUE TO GROW...

Recently, I found myself on a Saturday with absolutely nothing on my calendar. A rare occasion for me, I was overcome with the feeling of possibility. Do I putter around my house? Do I read the fascinating book I'm into? Do I call a friend to have lunch? Maybe binge-watch a Netflix show I just started? Then a rather unwelcome thought came to mind – I could probably check off more to-do boxes, stream the conference I missed, or study for the class I'm taking on Thursday evenings? Knowing what I should do, I wrestled with wanting to stay in my literal comfort zone for the day. This attitude, however, can turn into more than a one-day-off mindset. It can be a regular self-concept, soon permeating our every day.

Is self-growth important to you? Are you compelled to sit in your comfort zone, or inwardly urged to seek out new skills and opportunities?

Showing yourself that you're capable of growth and resilience can be extremely beneficial to your well-being. Let's explore ways to grow in three areas: professionally, spiritually and personally.

Although many of us have careers outside of CAP, I **want to focus on our CAP professional development** for a moment. According to the CAP website, "the purpose of the CAP Professional Development Program is to help ensure that CAP has an informed, active senior membership trained in leadership, management, and functional tasks. The CAP Senior Member Professional Development Program prepares members to serve the unit, their communities, and their nation." Growing in our CAP careers can give us greater confidence in our work, and greater confidence translates into greater enthusiasm, as well as greater commitment and interest in continuing to improve. If you take the

step to grow and develop your skills, the incentive to seek out additional opportunities can continue to expand along with it!

Spiritual growth is a key part of any believer's life. The amazing truth of our faith is that our God wants to transform us through a relationship with Him. Here are 5 ways to grow in our faith and strengthen our relationship with God.

- Humble yourself and pray - daily.
- Read and study your Bible and other holy readings.
- Join a group of like-minded believers.
- Do for others – feed the sheep.
- Seek out your spiritual gifts.

Make a commitment to incorporate each one of these into your spiritual growth plan on a daily basis. There really is nothing more important than your spiritual awakening and relationship with God. As you become more empowered in your spiritual life you will take that confidence out into the world.

And finally, focus on growing personally. This includes developing new skills, attitudes, actions, or reactions that can have a positive impact on your life and increase your overall well-being. Some examples of self-growth might be:

- Learning to control your emotions.
- Develop a growth mindset.
- Learn resilience.
- Connect with your body – get moving!
- Accept what you cannot change.
- Know yourself.
- Beat procrastination.
- Work on improving your emotional intelligence.
- Define what success looks like for you.

Obviously in a short article like this, we cannot delve into each of these concepts fully, but perhaps this will get you thinking and making the choices that will make you happiest in the long run. I want to leave you with some self-growth affirmations that may help you move forward:

- I will forgive myself when I make mistakes.
- There is no point in fighting against the past.
- I can accept myself the way I am.
- As long as I put my mind to it, anything is possible.
- I am letting go of these negative emotions.
- I expect to succeed.
- I commit myself to my personal growth.
- I am proud of who I am becoming.
- I am enough.
- I can do all things that I commit myself to.
- I have no control over other people, what they do or say. I can only control how I react.
- I will keep making progress.
- I choose to be happy today.

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