

Read the *Our Catholic Life* article found in Chapter 11 about Saint Ignatius Loyola and spiritual growth. Think about ways you can be more like Christ. Make a list of ten “spiritual exercises” that you can do to help yourself and share with others to become more like Christ.

TEN WAYS TO SPIRITUAL GROWTH

10 _____

9 _____

8 _____

7 _____

6 _____

5 _____

4 _____

3 _____

2 _____

1 _____