

Journal entry 11 and 9 oncourse

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Journal Entry #11 In this activity, you will create a personal affirmation. If you repeat your affirmation often, it will help you make choices that will strengthen the personal qualities needed to achieve your goals and dreams. 1. Write a one-sentence statement of one of your most motivations, goals, or dreams in your role as a student. My biggest goal to achieve in my career is to know that I made a difference in someone's life and helped them to feel their best. I would like to work with children at Children's Hospital. 2. Write a list of personal qualities that would help you achieve this educational goal or dream.

Compassionate, dedicated, good-listener, encouraging, understanding, caring, easy to talk to and willing to help in any way I can. 3. Circle three qualities on your list that seem the most essential for you to achieve your goal or dream as a student from step 1. It is being compassionate, good-listener and caring. 4. Write three versions of your personal affirmation
Format A: I am a compassionate, good-listening, caring woman. Format B: I am a compassionate, good-listening, caring woman, following my life calling. Format C: I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. . Choose the one sentence from Step 4 that you like best and write that sentence five or more times. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed. I am a compassionate, good-listening, caring woman, and I enjoy feeling needed.

feeling needed. 6. Write three paragraphs- one for each of the three qualities in your affirmation.

The first quality from my affirmation is compassion. I demonstrated that quality was when my friends grandmother passed away. I was there for her at school, nearly every day after school, and as much as I possibly could. I was there to help her get her mind off things, and I was there for her when she was grieving and needed a shoulder to cry on. This is just one of the many times that I have been compassionate. I have a big heart and when others hurt, I hurt and I want to do anything I can to make them feel better.

The second quality from my affirmation is good-listening. A specific experience in my life when I demonstrated this was when my best friend told me her husband cheated on her while she was going through the surgery. It took her quite a while to get over the pain. I didn't mind talking to her about it every day, and I'm glad that she felt like she could come to me to let her pain out. I listened and gave her my opinion. I'm always there to listen to people's problems. If they are going through something and I feel like I can help them, then I'm all for it. The third quality from my affirmation is caring.

A specific experience in my life when I demonstrated this quality was when my friend got really sick and needed surgery. After the surgery she was in pain and needed care. I was happy to stay with her and help her to feel better and recover faster. Journal Entry #9 1. Below the title, complete the part of your life plan for your role as a student My Dream: My dream is to be successful in a career that I love and look forward to going to everyday. My Life Role: Currently I am a wife, a mother and a college student but in the future I want to be the helper, and the go-to person in my career.

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And I want people to feel like they can come to me for anything they need. My Long-Term Goals in This Role: Help patients or anyone that needs physical therapy help. I want to help them and encourage them to do the best they can in recovery process. I want to make good money and be able to support my family. I want to know that I made a difference in someone's life. My long term goals as a college student are to excel and graduate as soon as possible so that I can dive into my career and start helping people around 2015.

Achieve an Associate Degree by 2015 My Short-Term Goals in This Role: To pass all my classes, and ace as many of them as I can by end of May 2014. Finish all the essays, tests and quizzes I have to write as soon as I can by the end of each week. Enjoy this first semester of college before it's over. 2. Write about what you have learned or relearned by designing your life plan. By doing the life plan, I realized that I am going to have to work very hard to achieve my dream, meaning I need to take school very seriously so that I can start my career as soon as possible.

My long term goals are going to take a lot of dedication and sacrificing to achieve them, but I know I can do it. It's not just about getting through this semester, it's about excelling in every semester to come and doing the best I can in all of my classes. In terms of a career, I am extremely excited for when that day comes. I want to be needed and I want to help people. I learned that the hopes for my careers can become realities if I follow through with this life plan.