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A Reflection of My Life

Amanda Link
amanda.bischoff@go.mnstate.edu

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A Reflection of My Life

A Project Presented to
The Graduate Faculty of
Minnesota State University Moorhead

By

Amanda Lynn Link

In Partial Fulfillment of the
Requirements for the Degree of
Master of Science in
Counseling

April 2022

Moorhead, Minnesota

Abstract

As I've taken this opportunity to reflect on my life, I have become more aware of the person I am today and how my life experiences, accomplishments, and setbacks have impacted me.

Throughout my journey, I have faced some of the most difficult obstacles that have turned into my greatest accomplishments such as my drastic and sudden career change during undergraduate school. Without these setbacks, I wouldn't have had the opportunity to develop my professional and personal identity. After analyzing my family background, various assessments on self-analysis, interviews with individuals of my immediate context, various counseling theories, and continued development, I've identified a golden thread in each of these areas that lead to my ultimate purpose in life, helping others.

Keywords: self-analysis, growth, identity