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Finding My Purpose

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

By

Alyssa Eichhorn

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

May 2023

Moorhead, Minnesota

Abstract

This paper showed me the importance of self-reflection and self-awareness. My experiences throughout my childhood, adolescence, and young adulthood and interactions with my family, my friends, and others led me to my purpose in life. After understanding the significance of my journey through life, I interviewed family and friends to reflect on different perspectives, and my growth throughout the counseling program. I explored different theories and studied the results of the assessments I completed that resonated with my personal and professional identity to develop my own theoretical orientation. Given this information, I discuss my future as a counselor including my plans for continue growth and development.

Keywords: Self-reflection, awareness, purpose, development