

**Forming an Identity:  
Arriving at a sense of who I am and what I want out of life**

1. What do I find satisfying/meaningful/enjoyable? (Only after you identify what is meaningful and gratifying will you be able to consciously seek involvement in activities that will make your life fulfilling and avoid those activities that are meaningless or stifling.)  
**I enjoy reading variety of books, including the bible, I enjoy writing poetry. I love to paint with my daughter Amber.**
  
2. What is my moral code? (One possible code is to seek to fulfill your needs and to do what you find enjoyable in a way that does not deprive others of the ability to fulfill their needs.)  
**I have learning or still learning to spend quiet time with myself and reflect on life.**
  
3. What are my religious beliefs?  
**My religious belief to love and respect everyone religion as long it not evil.**
  
4. What kind of a career do I desire? (Ideally, you should seek a career in which you find the work stimulating and satisfying that you are skilled at, and that enables you to earn enough money to support the life-style you want.)  
**I want to be a social worker, I want to remain working at ACS but learned more about policy as see how I can change it. My second options is to be a school social worker.**
  
5. What are my sexual mores?  
\*Mores are the norms people consider vital to their well-being and to their most cherished values. **I respect people for who they are.**

6. Do I desire to marry? (If yes, to what type of person and when? How consistent are your answers here with your other life goals? If you are married is marriage overall fulfilling for you, and do you want to remain married?) **I use to what to get marry but I no longer do. I want to focus on school and developing a closer relationship with God.**
  
7. Do I desire to have children? (If yes, how many and when? How consistent are your answers here with your other life goals? If you have children, do you want to have more children?) **I have one child she is 19 years old and is attending college. Her name is Amber and she is my world.**
  
8. What area of the country/world do I desire to live in? (Variables to be considered are climate, geography, type of dwelling, rural or urban setting, closeness to relatives or friends, characteristics of the neighborhood.)  
**Upstate new York near New Paltz, it cold in the winter but beautiful and calm in the summer.**
  
9. What do I enjoy doing with my leisure time?  
**I love to take bubble bath, paint, read, listen to music.**
  
10. What kind of image do I want to project to others? (Your image will be composed of your dressing style and grooming habits, emotions, personality, degree of assertiveness, capacity to communicate, material possessions, moral code, physical features, and voice patterns. You need to assess your strengths and shortcomings honestly in this area and seek to make improvements.)  
**I want to project to other life has been hard and I had my good and bad days. But believe in yourself, your higher being and ask for help when you need it. No one is perfect and when you fail pick yourself up and keep moving.**
  
11. What type of people do I enjoy being with and why?  
**I enjoy spending time with different people of all races, someone who is educated and is open to learn new things in life.**

12. Do I desire to improve the quality of my life and that of others? (If yes, in what ways? How do you hope to achieve these goals? **I want to help improve the quality of life for ACS children, and families. I want them to know that ACS is not only about removing children but keeping families together.**

13. What types of relationships do I desire to have with relatives, friends, neighbors, and people I meet for the first time? **My relationship with friends, neighbors are generally positive. When I meet people for the first time I try to be open and kind.**

14. What are my thought and feelings about death and dying?  
**I do not like this topic.**

15. What are the most severe stresses in my life at the moment?  
**Taken care of significant other with medical problems. I also have take care of my medical problems. Sometimes work.**

16. How am I handling these stresses? What strategies am I using to resolve them?  
**Talk to friends, pray, see a therapist, take a bath, take a walk.**

17. What do I want to accomplish in the next five years?  
**Graduate school and my social work licenses, and no more field work.**

18. What are my plans for accomplishing the goals I listed in question 17?  
**Study a lot, learn to deal better with stress.**