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Personal Assessment & Goal setting paper

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John 5: 19 Then Jesus answered and said to them "Most assuredly, I say to you, the Son can do nothing of himself, but what he sees the Father do; for whatever he does, the Son also does in like manner." John 17: 4 I have glorified you on the earth. I have finished the work which you have given me to do. I see these two verses of scripture that will remind me of goal and personal assessment as I continue to serve in God's kingdom. Jesus accomplished many things in his ministry on earth. He had a goal and he had an intimate relationship with God. The same way my personal goal and assessment paper will be reflective of me to use as a guide on an ongoing basis. The biblical foundation for time management can be found in the Gospel of Mark chapter one versus thirty five and thirty six. Now in the morning, having risen a long while before daylight. He went out and departed to a solitary place and there he prayed.

A prayerful life is very important for me to accomplish my goals in my daily routine of everyday activities. When I walk to to the subway station every morning on the way to work, I see this as one form of exercise to get the blood flowing in me. As I am walking to the subway station from my dwelling place, I am meditating to God by singing his praises to his name and seeking advice from Him. My spiritual life is always learning and growing mature in Scripture. As I read the same scripture repeatedly new thoughts come into my mind. I love The Lord with all my heart soul and mind as mentioned in the book of Deuteronomy. I constantly ask and seek counsel from God about how am I to approach certain difficulties in My life and what are my shortcomings. I ask constantly what are my strengths and weaknesses and how can you use these strengths to glorify you.

My cognitive thinking is on the delayed processing speed of learning. I love to gain knowledge, retain new information, always thinking of new thoughts of whatever comes to mind depending on the subject. I have accepted already that my brain is wired differently from

everyone else in the world. God can use anyone despite their shortcomings in his kingdom. He uses ordinary people as an example to feed his sheep. I am constantly working on my processing speed cognitive thinking. As much as I love to learn new information I like to be creative in my own way depending on the situation. There is plenty of reading in the world of Graduate Seminary work. I continue to struggle to get through the reading and understand what I have retained. I am always striving to keep a positive attitude on this task learning from reading material at the Graduate level.

I am always working and planning on different time management strategies that will work for me. I am a work in progress. There is always room for improvement in my situation of learning at the Graduate level. I have made assessment of myself all throughout school from Elementary through undergraduate, there was something different about me. It wasn't until middle of undergraduate study where I went to Mount Sinai Hospital and understood Why do I think differently at a slower speed? My personal goal setting for Graduate level work Is to know that I can achieve just like everyone else in their spiritual, cognitive and academic goals. I have the brain power just like everyone else. My time management skills is always evolving according to the event and activity to be done. I already know that I am a morning person. I do not like to procrastinate. I see that I do procrastinate because my brain goes into overload and the thoughts are mixed up.

My spiritual goal is to continue to be like Jesus and follow in his ways. I Corinthians 11: 27- 33 mentions about examining yourself. This is an ongoing goal for myself. I press on for this goal for knowing myself in God through Jesus. Relationally I am aware how I am with others around me in the body of Christ. I maintain an interpersonal and emotional relationship with brothers and sisters Christ. I serve as an Usher in the house of worship.

This allows me to step out of my comfort zone of introverted and be approachable to others. I am not fearful of people nor intimidated by what they may make impressions of me. I continue to have good relationships with brothers and sisters in Christ. I have learned alot about myself serving as an Usher in a smaller house of worship and a larger House of worship. By serving as an Usher, I see myself as person oriented. I have always been task oriented to some extent.

Personal goal setting would include time management of a weekly and daily schedule. I do have a planner which I review on a regular basis. I even color code my planner so I can visually see the activities of the week. I review my planner to remind me what is coming up ahead. My time wasters to eliminate would be cutting down drastically on Youtube time and social media time. I do have a Sabbath time which is a designated time on Sunday and evenings during the week. For thirty minutes. I spend the time reflecting on scripture particularly what was mentioned from the previous Sunday's massage. I reflect on what I heard from Sunday's message to remember the message during the week. This also enhances my cognitive processing speed and short term memory issues. My goal setting of physical health include exercise primarily stomach crunches three times a week and eating meals in smaller portions. My physical goal is not to gain any more weight but to just maintain my weight. I have not thought of a God size goal yet. I continue to seek the Lord with asking what is the The next God size goal is. A long term goal I am on right now is serving as a Deacon at the house of worship. As part of personal goal setting thoughts a scripture in the book of Micah comes to mind. Micah 6: 8 But to do Justly, To love mercy and to walk humbly with your God. (The New King James) version. Personal assessment and Goal setting is important to me because it is a guide to keep organized on the many activities God may have in store for me.

I also have noticed in my walk with God. I may plan activities and events but the plans don't always fall into a schedule. Jeremiah 29: 11 For I know the thoughts that I think toward you, thoughts of peace and not of evil to give you a future and a hope. I may make a Personal assessment and goal setting plan but it is up to God how the plan will follow through according to Him. I can add to my Goal setting in the relationships with people is the communication of letter and stamp mail and email. I do communicate with church visitors and who I don't see very often on a sunday afternoon. I see this activity as a like and therapeutic to my soul and build relationships with brothers and sisters. I spend at least once a week with just top keep up with the friendships I have sustained through the months and years. This is an activity that I do with passion and I enjoy doing it. I may make a goal setting project with myself and I anticipate there will be addendums and changes to this plan. The Triad from this Semester helped me with building relationships with others. It has helped me get out of my comfort zone of talking in a small group. I have asked questions in the meeting time of the Triad this semester. I listen with a receptive heart and mind. The counseling sessions this semester has helped as well. I have learned what I need to know about myself. Jesus accomplished what he needed to do on earth. He also prayed to the Father as a source of spiritual renewal. I believe that I fulfilled my Personal assessment and Goal setting of what is needed in my life.