

Part One

Seeing as I am intending on pursuing a career in music ministry, the performing arts and social and human services areas of communication interest me the most. The performance studies division of the National Communication Association was the one I was the most drawn to off the list. I believe that strengthening my skills in communication, both as it relates to performing and to interacting with people from the standpoint of a minister, will be extremely beneficial for my professional future.

Part Two

I value my faith above all else. God is the utmost priority in my life. As such, filling the spiritual role is something that is extremely important to me. Ever so slightly beneath that would be my family and my friends. I care very deeply for people in general, and particularly for those whose hearts I have come to know so well over my lifetime. In this way, filling the social role is also incredibly important to me. It is extremely difficult, perhaps even wrong, to place a measure of success on my faith, because there is no singular correct way to be a good Catholic and there are always ups and downs. But I would say that being in a place where I rely on God as much as I can and engage in a deep and meaningful relationship with Him is a good indicator that I feel that I am strong in my faith. Beyond being strong in my faith, success for me means that my family is well taken care of, that I have a couple of friends that I know are always there for me, and that I am able to share my faith through my love of music. With the career I am planning on pursuing, I know that I will not be bringing in the big bucks. Success for me does not encompass making a lot of money. I hope that my future family is financially comfortable, but I do not wish for any more than that. I have arrived where I want to be in life when I have a husband and kids that I continually walk with and guide, respectively, on a spiritual journey to love God above all

else. It is when I have a handful of friends that I can go through devotionals with, text whenever I have a prayer request, or call when I need a reminder that God is with me through even the hardest of trials. It is when I can touch as many lives as possible through my gift of singing and lead people to reflect on their relationship with Christ.

Goals	Five Years	Ten Years	Fifteen Years
Physical 1	When I am 23 years old, I would like to be getting at least eight hours of sleep a night.	When I am 28 years old, I would like to be getting at least seven hours of sleep a night.	When I am 33 years old, I would like to be getting at least six hours of sleep a night.
Physical 2	When I am 23 years old, I would like to be doing heartrate-raising exercise for at least an hour a day.	When I am 28 years old, I would like to be doing heartrate-raising exercise for at least an hour a day.	When I am 33 years old, I would like to be doing heartrate-raising exercise for at least a half hour a day.
Physical 3	When I am 23 years old, I would like to be able to do at least 40 pushups in a row.	When I am 28 years old, I would like to be able to do at least 50 pushups in a row.	When I am 33 years old, I would like to be able to do at least 30 pushups in a row.
Professional 1	When I am 23 years old, I would like to be working as a member of a music team at a Catholic church.	When I am 28 years old, I would like to be working as the music director at a Catholic church.	When I am 33 years old, I would like to be working as the music director at a Catholic church.
Professional 2	When I am 23 years old, I would like to be involved in putting on a fully immersive (top notch lighting, sound, etc.) night of Eucharistic Adoration with praise and worship music at the church at least once a year.	When I am 28 years old, I would like to be in charge of putting on a fully immersive (top notch lighting, sound, etc.) night of Eucharistic Adoration with praise and worship music at the church at least once a year.	When I am 33 years old, I would like to be in charge of putting on a fully immersive (top notch lighting, sound, etc.) night of Eucharistic Adoration with praise and worship music at the church at least once a month.
Professional 3	When I am 23 years old, I would like to have begun planning a youth retreat	When I am 28 years old, I would like to have put together a team of people that	When I am 33 years old, I would like to have put on a youth retreat focused on

	focused on music ministry and praise and worship music.	will assist me in starting a youth retreat focused on music ministry and praise and worship music.	music ministry and praise and worship music that will happen once a year.
Social 1	When I am 23 years old, I would like to be involved in a relationship that I can see heading toward marriage but spending time together no more than three days a week.	When I am 28 years old, I would like to be married and have at least one date night a week.	When I am 33 years old, I would like to have date night with my husband at least once a month.
Social 2	When I am 23 years old, I would like to be having Sunday dinner with my family at least once a month.	When I am 28 years old, I would like to be having Sunday dinner with my family every week and having dinner with my husband every evening.	When I am 33 years old, I would like to be having Sunday dinner with my family every week and having dinner with my husband and children every evening.
Social 3	When I am 23 years old, I would like to be spending time with friends at least three days a week.	When I am 28 years old, I would like to be spending time with friends at least once a week.	When I am 33 years old, I would like to be spending time with friends at least twice a month.
Spiritual 1	When I am 23 years old, I would like to be going to confession at least four times a year.	When I am 28 years old, I would like to be going to confession at least once a month.	When I am 33 years old, I would like to be going to confession once a week.
Spiritual 2	When I am 23 years old, I would like to be spending at least fifteen minutes doing Bible study a day.	When I am 28 years old, I would like to be spending at least thirty minutes doing Bible study a day.	When I am 33 years old, I would like to be spending at least fifteen minutes doing Bible study a day.
Spiritual 3	When I am 23 years old, I would like to be participating in at least two community service projects a year.	When I am 28 years old, I would like to be participating in at least four community service projects a year.	When I am 33 years old, I would like to be participating in at least one community service project a year.
Mental 1	When I am 23 years old, I would like to be	When I am 28 years old, I would like to be	When I am 33 years old, I would like to be

	reading six books a year.	reading twelve books a year.	reading four books a year.
Mental 2	When I am 23 years old, I would like to be enrolled in the courses required for a master's degree in Theology at Saint Leo University.	When I am 28 years old, I would like to be enrolled in the courses required for a doctorate degree in Theology.	When I am 33 years old, I would like to be involved in research projects dealing with theology and ministry.
Mental 3	When I am 23 years old, I would like to be journaling at least two pages of thoughts a day.	When I am 28 years old, I would like to be journaling at least one page of thoughts a day.	When I am 33 years old, I would like to be journaling at least half a page of thoughts a day.

Part Three

For the Big Five personality test, I had the highest score in agreeableness, closely followed by conscientiousness. I had the lowest score in extroversion. In the middle, just above and just under, were intellect/imagination and emotional stability, respectively. Based on the descriptions provided by the Open-Source Psychometrics Project, I do feel that these results are representative of who I am. I am a very caring person and I always want the best for the people around me. I am incredibly detail oriented and I always want everything done to the best of my ability. On the other side of things, I am extremely shy and introverted. I often slightly prefer doing things in more innovative ways than in traditional ways. I am introspective and worry very easily, but I can usually manage stressful situations relatively well.

For the MBTI personality test, I scored as personality type ISFJ. I very strongly feel that this result is representative of who I am. According to the Open-Source Psychometrics Project, “ISFJs are interested in maintaining order and harmony in every aspect of their lives,” “are steadfast and meticulous,” “are people-oriented and very observant” despite being quiet,

“remember details about others,” “respect others’ feelings”, and are “thoughtful and trustworthy”. Every single one of those descriptors apply to me.

For the SDS personality test, my Holland code is ASE. Considering that the career I am pursuing is very much a mix between artistic and social, my results make a lot of sense to me. Also, upon looking at O*NET Online for occupations that match the artistic, social, and enterprising interest areas, musicians and singers as well as clergy pop up, which lines up with what I would expect.

For the enneagram personality test, I had a three-way tie between 1, 2, and 6. According to the Enneagram Institute, 1s are “well-organized” and “perfectionistic,” 2s are “sentimental” and “people-pleasing,” and 6s are “hard-working” and “trustworthy”. All those descriptors fit me, but some other ones used do not as much. As such, I feel like getting mixed results is representative of my personality.

Sources

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