

## Good Morning....

I was thinking about what I should say. I was thinking about whether or not I was the right one to stand here and address you today. I wanted to say something brilliant and riveting. I wanted to say something that would bring a tear to every parent's eye and make every graduate cheer but I decided to share some of the lessons that I've learned. I have compiled about 470 but I will just share 3. The three lessons that I will be speaking about today deal with journey, choice and freedom.

### *Journey*

I was a successful, highly paid, well-traveled, wounded, vulnerable professional whom by all accounts was living an enviable lifestyle. A lifestyle without personal meaning. I was miserable and needed to discover a way not to be. It was through my own personal experience that I discovered that psychology works. It's not a quick fix, a take this pill and you'll be fine solution but it is a solution built on theory and wrought with strategies that can bring about a viable end. When I decided to engage myself with the process necessary for healing and growth I became an active participant in my journey.

### *Choices*

I wake up in the morning and I get my daughter and myself ready to leave for school and my internship. I walk her into her school and after kissing her and wishing her a great day. I embarrassingly yell to her as she walks down the aisle in the auditorium, "Make good choices". I do this everyday. I do it because I understand what a privilege it is to have choices and the value that good choices are. After my daughter was born I had a few choices to make. Do I continue in a career in accounting that was profitable or do I pursue a career that will help me fulfill my life's purpose? Do I leave something familiar or do I move to a completely foreign place? There is comfort in familiar things whether they're good for us or not. I had to decide. I have found that there are always two choices. Two paths to take. One is easy. And its only reward is that it is easy. I think that the key is to make choices based upon what will benefit us. Adelphi has not always been easy but it has been extraordinary. This was a good choice.

Adelphi not only provided outstanding training but has demonstrated a commitment to this vocation that transcends professionalism. A mentor and former professor of mine assured me that Adelphi is a place where I would find a standard of excellence and support that ensures that one will meet their potential. This has been my experience.

### *Freedom*

So what happens now? I found myself at home thinking about will I find a job? Will it be the job I want, with the salary that I want at the location that I want to be in? I remember worrying about my future so much so that I could hardly enjoy my present. And then while sitting on my couch, my husband reminded me that I have reached a goal. We planned for this. There was all of this fear when I applied to graduate school and now it's time to enjoy the culmination of this part of my journey. What does the future hold for me? What does it hold for you? It's boundless. We are here as a result of our ability to make good choices. It is that ability that has made us successful in our present endeavor and promises to make our future all that we can imagine. There have been many great women in history, and one of the greatest, Eleanor Roosevelt once said, "In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."

Congratulations, God Bless, and once again MAKE GOOD CHOICES.