

Reflection + Vocation

NAME:

DATE:

1. What is your daily routine?

2. In what ways does this routine or these habits benefit you or help you feel prepared for the day?

3. Looking at your practices, habits, and routines above, which of these (1 or 2) are the most meaningful? Which ones nourish you? Which ones hinder you?

4. What does it mean to you to reflect? How do you practice reflection? Does this happen through any sort of medium like journaling or art, or is it more internal?

5. How has reflection aided you in discerning your own personal sense of purpose or calling?

6. What do you care the most about and/or what are your greatest passions? How do they intersect with the world's greatest needs?

7. What do you continue to do even as it becomes hard or more difficult to do so? How do you think that relates to your purpose or sense of calling?

8. How do you make sense of the world around you? How can you use that to learn more about yourself and others? How does this apply to your sense of purpose or calling?