

The Boat

This exercise should help you think of your vocational journey as a boat. Reflecting on the different aspects of the boat could help you discern your next major turn. Read the questions and fill in each section of your boat!

1. You have a crew. Who is in your boat?

- Whom do you look to for support?
- Who has helped you learn the most?
- Who leaves you feeling refreshed, or "nourishes" you?
- Whom do you respect/look up to? What traits do they hold?
- Who helps you reflect and keeps you in check when you ask them to?
- Are there any stowaways?

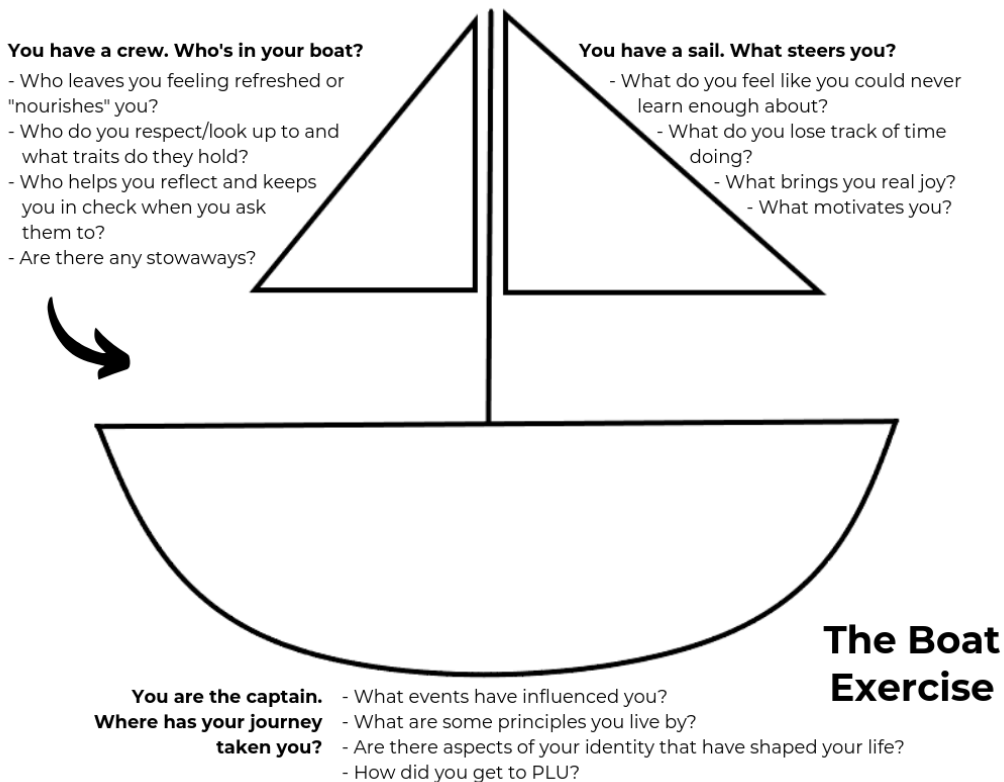
2. You have a sail. What steers you?

- What do you feel like you could never learn enough about?
- What motivates you?
- What do you lose track of time doing? (Passions, motivations, likes)

3. You are the captain. Where has your journey taken you?

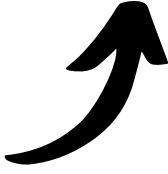
- What events have influenced you?
- What are some principles you live by?
- Are there aspects of your identity that have shaped your life?
- How did you get to PLU?

(Below is the finished boat!)



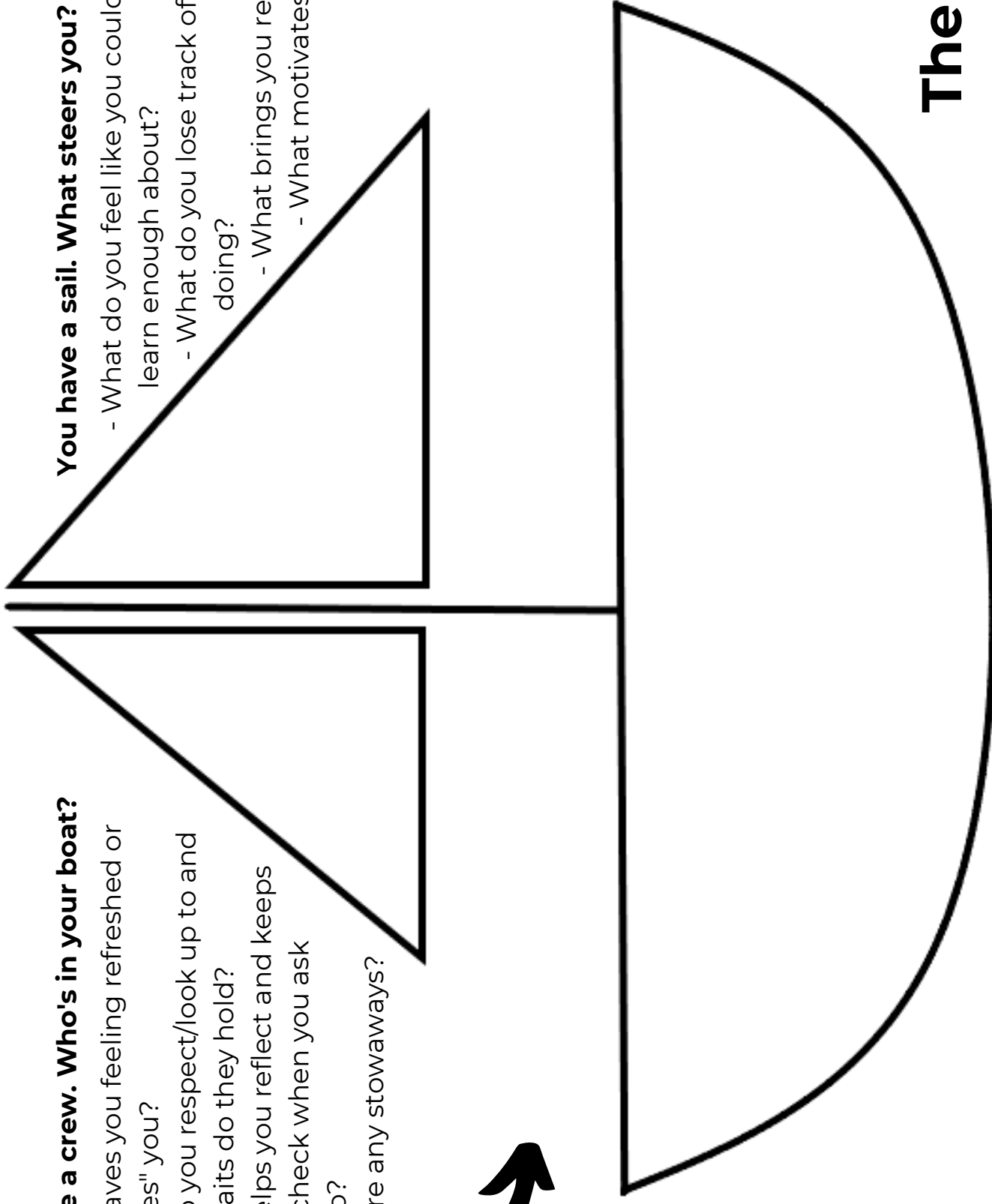
You have a crew. Who's in your boat?

- Who leaves you feeling refreshed or "nourishes" you?
- Who do you respect/look up to and what traits do they hold?
- Who helps you reflect and keeps you in check when you ask them to?
- Are there any stowaways?



You have a sail. What steers you?

- What do you feel like you could never learn enough about?
- What do you lose track of time doing?
- What brings you real joy?
- What motivates you?



The Boat Exercise

You are the captain. - What events have influenced you?

Where has your journey - What are some principles you live by?

taken you? - Are there aspects of your identity that have shaped your life?

- How did you get to PLU?