

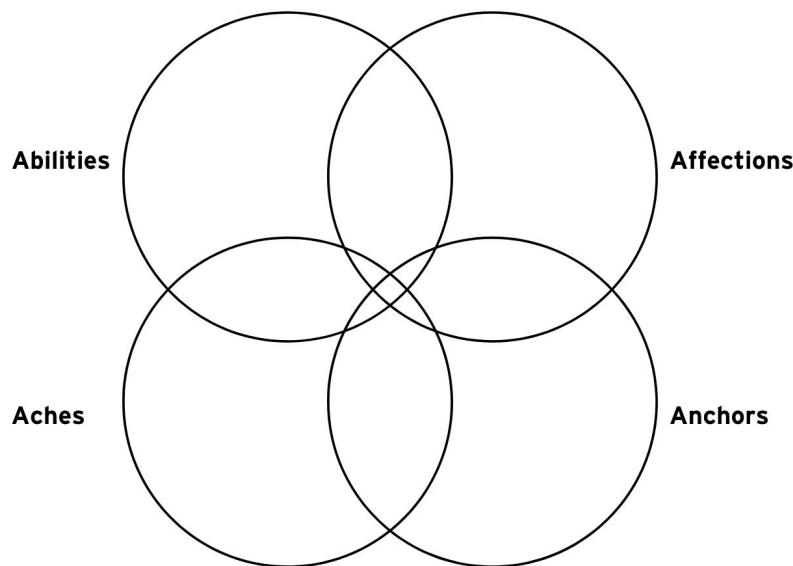
VOCATION WORKSHEET¹

“A job is a vocation only if someone else calls you to do it for them rather than for yourself. And so our work can be a calling only if it is reimagined as a mission of service to something beyond merely our own interests. Thinking of work mainly as a means of self-fulfillment and self-realization slowly crushes a person.”

—*Timothy Keller*

The goal of this worksheet is to reframe our mindset of work. We want to reframe our daily and weekly work around a few realities. First, we want to embrace the way God has designed us and our current realities. We embrace our gifts and our limits and allow these to impact the way we work in our vocation. We then want to write a vision of work that is not focused on self-advancement, but rather on how we are using our gifts to contribute to our neighbor. Through this, we will look at our work through the lens of us being the ‘hand and feet’ of Christ to the world. Last, we will write systems of rest to allow us to consistently confess our humanity and God’s sovereignty.

VOCATION SWEET SPOT:



Abilities | *What am I good at?*

Aches | *Where have I encountered the brokenness of the World?*

Affections | *What do I care about?*

Anchors | *What are the realistic circumstances of my life?*

¹ This is an adapted version of the ‘Vocation Plan Canvas’ by Jim Mullins, used by the Surge Network

Abilities

Make a list of your 3-5 most significant strengths.

Affections

Make a list of the 3-5 strongest affections.

Aches

Make a list of the 3-5 aspects of the world's brokenness that you can help mend.

Anchors

Make a list of your 3-5 most significant limiting factors.

VOCATIONAL VISION

“Your calling is not about you” – *George Washington Carver, agricultural innovator*

“Reimagine the mundane instead of changing circumstances” – *Len, the janitor*

What’s your vocational vision for the next 5-10 years? Write a few sentences describing what you will be working toward, unless God makes it clear you should be doing something else.

What is your plan to pursue that vision? In the space below, write 3-5 SMART goals to help you pursue your vision.

What are the most important practices/habits that you need to cultivate to pursue your vision?

REIMAGINING YOUR WORK

“Food that nourishes, roofs that hold out the rain, shade that protects from the heat of the sun... the satisfaction of material needs and desires of men and women... when businesses produce material things that enhance the welfare of the community, they are engaged in work that matters to God.”

—*Jeff Van Duzer*

God's Character	How can you display this aspect of God's character or future Kingdom through your work?
Provision	
Peace	
Creativity	
Hospitality	
Protection	
Restoration	
Faithfulness	
Safety	
Justice	
Healing	
Reconciliation	
Other	

RHYTHMS OF REST + TIME AUDIT

“In our workaholic, image-barraged, over-caffeinated, entertainment-addicted, and supercharged culture, submission to our creatureliness is a necessary and often overlooked part of discipleship.”

—*Tish Harrison Warren*

In the spaces below, write down your daily, weekly, and seasonal rest rhythms.

DAILY	WEEKLY	SEASONAL
	- Sabbath	

TIME AUDIT - Like a budget serves to reveal where we spend our money, this time audit serves to display where we spend much of our time. Put in simple answers to help reflect on your time spent and if it directly correlates with your vocational vision.

ACTIVITY LOCATION HOURS ^{PER WEEK} OTHER BELIEVERS
