



DISCERN YOUR CALLING, LIVE YOUR PURPOSE

Using PathwayU™ to Tell Your Career Story

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BEFORE YOU BEGIN:

The writing prompts in this workbook offer you an opportunity to understand your scores and career matches generated by your PathwayU™ profile on a deeper level. They do so by inviting you to reflect on how the information fits with your personal experience, and how it weaves into your personal life story. It is important to know what to expect before diving into this workbook.

1. You will **reflect on your purpose and your calling:**
 - Your **PURPOSE** can be described as your intention to accomplish something that matters deeply to you and that benefits the world.
 - Your **CALLING** can be described as a pathway for expressing your purpose in ways that make the world better.
2. You should **spend some quality time** responding to the questions. Like most everything in life, the more you put in to this kind of personal reflection, the more you will get out of it. Moving quickly through the questions will offer you something of value, but taking your time and being really thoughtful about your responses will benefit you the most, by far. Research on reflective writing shows that devoting 20 minutes a day for several days in a row offers a cadence that leads to positive outcomes. [1] One way to accomplish this pace is to complete this workbook one module per day over the course of a week. But, feel free to adjust your pace to meet your own needs.
3. You should plan to **revisit your responses.** Making decisions about your education, career, and life is truly a process—it requires ongoing time and effort. This workbook is not intended to give you THE answer as to what your calling is for your career. Rather, our goal is to get you thinking about the right kinds of questions. The more deeply you reflect on the kinds of questions in this workbook, the more likely the answers you are looking for will emerge. Nevertheless, it may help to come back to the questions from time to time, re-reading your responses and adding to or changing them where necessary.