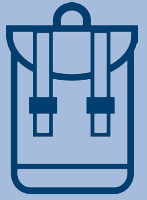


Stop, Start, Continue



Instructions: Sustaining a lifelong journey of vocation and purpose requires ongoing reflection and occasional re-alignment based on the experiences and contexts of our lives. Getting back to “what we were made for” may require stopping some behaviors or habits, starting some new ones, and continuing others which have remained important for us.

Describe one ideal you are pursuing. What must you do to move further in that direction?

Stop

- 1.
- 2.
- 3.



Start

- 1.
- 2.
- 3.



Continue

- 1.
- 2.
- 3.

“Discovering vocation does not mean scrambling toward some prize just beyond my reach but accepting the treasure of true self I already possess. Vocation does not come from a voice out there calling me to be something I am not. It comes from a voice in here calling me to be the person I was born to be, to fulfill the original selfhood given me at birth by God... Why do we spend our lives striving to be something that we would never want to be, if only we knew what we wanted? Why do we waste our time doing things which, if we only stopped to think about them, are just the opposite of what we were made for?”

- Thomas Merton, *No Man is an Island*