

Name: \_\_\_\_\_

Date: \_\_\_\_\_



**VOCA TIONS**  
ARCHDIOCESE OF CINCINNATI

**Discernment Planning**

**Directions:** As with any journey, discerning your vocation requires planning and preparation. So, take this time to plan out how you will be thinking about and discerning God's will in your life. Make sure to write down your goal for the week (e.g. To become more aware of God's power in my life.). Also, under each day write at least one way you will be praying for, asking about, learning about, and responding to your vocation. **At the end of each day, write a short, one to two paragraph journal entry that describes the thoughts you have about your vocational journey.**

**Goal:** \_\_\_\_\_

**Monday:**

1. Pray: \_\_\_\_\_

\_\_\_\_\_

2. Ask: \_\_\_\_\_

\_\_\_\_\_

3. Learn: \_\_\_\_\_

\_\_\_\_\_

4. Respond: \_\_\_\_\_

\_\_\_\_\_

**End of the Day Reflection: On a separate piece of paper,** write down the thoughts you have had today about your vocation and God's will for your life. Include feelings you may have had while you were praying, thoughts you had in response to your conversation with your spiritual mentor, anything that surprised you about the vocation you learned about and the feelings you got as you responded to what God was saying to you. How has your relationship with God changed? Any other thoughts?

**Tuesday:**

1. Pray: \_\_\_\_\_

\_\_\_\_\_

2. Ask: \_\_\_\_\_

\_\_\_\_\_

3. Learn: \_\_\_\_\_  
\_\_\_\_\_

4. Respond: \_\_\_\_\_  
\_\_\_\_\_

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**Wednesday:**

1. Pray: \_\_\_\_\_  
\_\_\_\_\_

2. Ask: \_\_\_\_\_  
\_\_\_\_\_

3. Learn: \_\_\_\_\_  
\_\_\_\_\_

4. Respond: \_\_\_\_\_  
\_\_\_\_\_

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**Thursday:**

1. Pray: \_\_\_\_\_  
\_\_\_\_\_

2. Ask: \_\_\_\_\_  
\_\_\_\_\_

3. Learn: \_\_\_\_\_  
\_\_\_\_\_

4. Respond: \_\_\_\_\_  
\_\_\_\_\_

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**Friday:**

1. Pray: \_\_\_\_\_  
\_\_\_\_\_

2. Ask: \_\_\_\_\_  
\_\_\_\_\_

3. Learn: \_\_\_\_\_  
\_\_\_\_\_

4. Respond: \_\_\_\_\_  
\_\_\_\_\_

**End of the Day Reflection: On a separate piece of paper,** write down the thoughts you have had today about your vocation and God's will for your life. Include feelings you may have had while you were praying, thoughts you had in response to your conversation with your spiritual mentor, anything that surprised you about the vocation you learned about and the feelings you got as you responded to what God was saying to you. How has your relationship with God changed? Any other thoughts?