

List different voices or opinions that you hear in your mind that would sway you one way or another in regards to your vocation question:

What is the source of each voice?
(parents, friends, society, own inner voice etc.)

What voice is taking the lead?

What voices do you drown out?

Are any of these your own core voice?
Which ones?

Reflection Exercise: Listening To My True Self

My vocational discernment question:



What insights did you gain from today's
discussion and activity?

Activity

Sit in a relaxed position.

Close your eyes.

Think about your discernment
question.

Tune into your body.

What do you feel? – notice any
sensations, tensions, etc. in your
body.

Notice any emotions (positive or
negative).

Do your emotions or bodily
sensations change as you think
about the voices you listed on the
other side of the page?

Explain any connection you
discovered between your
emotions, the feelings you noticed
in your body, and your vocation
question.