

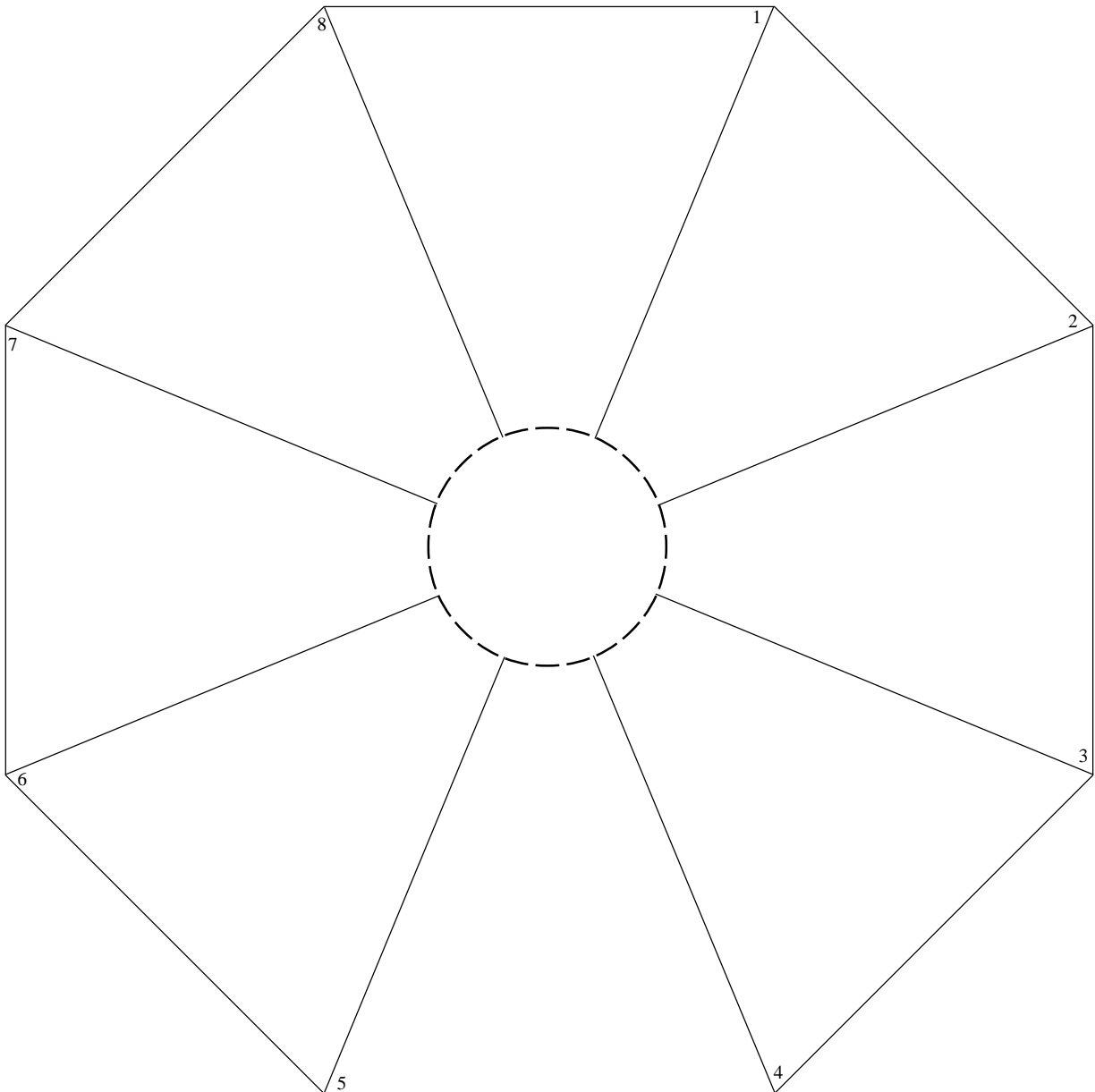
VOCATION WHEEL

This Vocation Wheel helps you to identify the various dimensions of your life that most express *your* anointed life at this time. This is a first rough look at how God is at work in your life at this time.

First, in the *large segments*, write in the things that occupy your time, such as “Work,” “Relationships,” “Prayer,” “Home Maintenance,” “Family Issues,” etc. Do not write in what you *think* should be there, or what you *wish* were there, or what you’ve been meaning to do. Write in the elements of life that actually occupy your time.

Now, in the *center* you may write the word or phrase that expresses “the core thing” in your life, the one thing that motivates or drives you, the meaning-making thing at the center of your life.

Notice how each dimension of your life flows (or doesn’t flow!) from—and back to—whatever is at the center.



Now imagine this wheel with arrows pointing not only outward from and inward to the center, but also outward to the world beyond your personal life and inward again.

Within the various segments, write in the dimensions of a balanced Christian life: **Prayer, Study, Work, Self-care, Spiritual community and others, Social concerns, and Hospitality**, all flowing from a center **“Dwelling in God.”** If your life includes other dimensions, please add those.

Now consider the ways in which “Dwelling in God” at the center reaches through each dimension of your life and out to the world. Identify specific ways you would like to improve this flow of relationship from the center outward to the world and back again.

Notice, too, that the boundary lines are “porous,” allowing interflow between the many dimensions of your life, your interaction with the world, and the interaction of all of these with your core relationship at the center.

You may use this wheel to strive for balance in the week or month or quarter ahead, or to reflect on the balance in your life in recent weeks or months.

