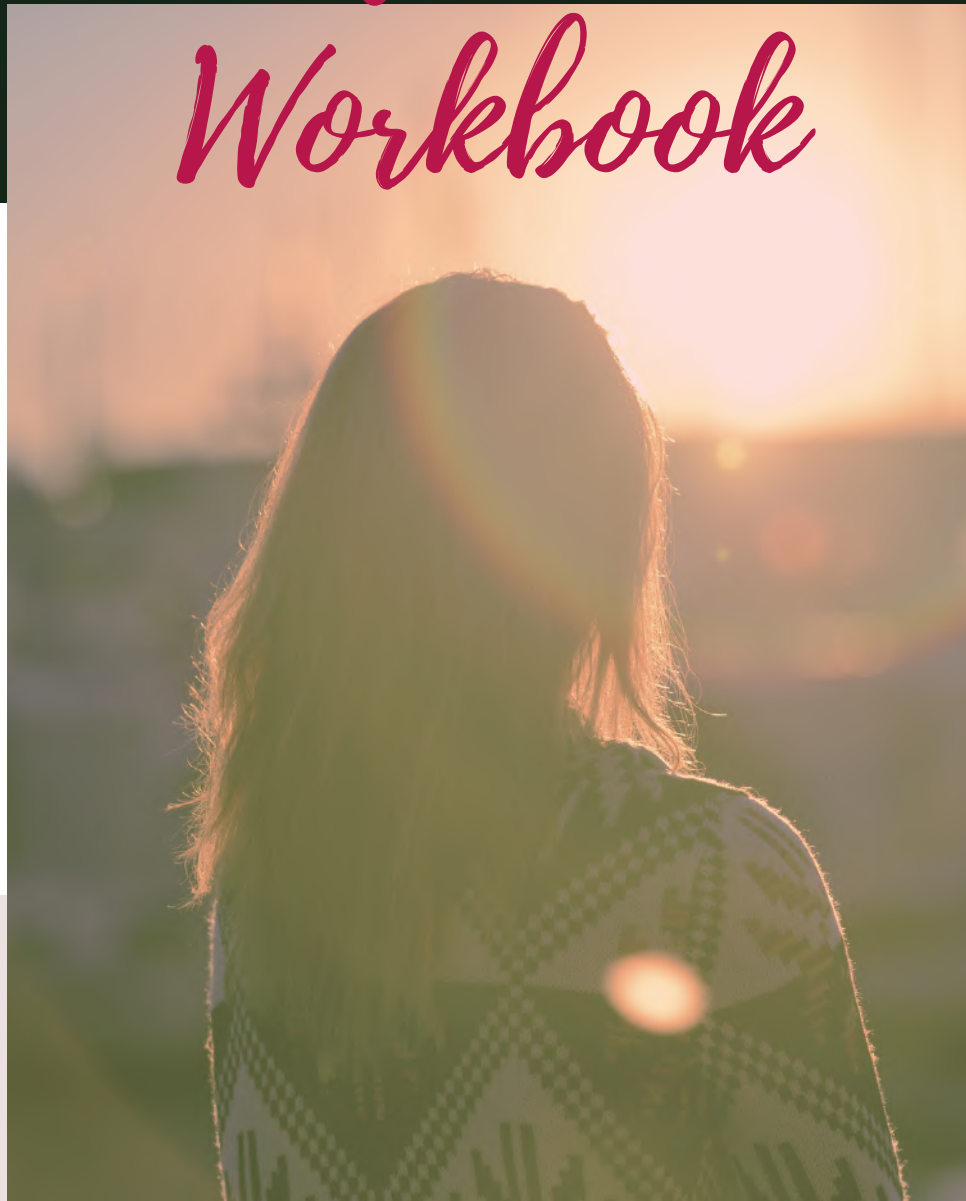


How to stop the overwhelm of being pulled in all directions when it comes to finding purpose and balance

Growing Vocations

Workbook



Crystal Mediate



Vocation Workbook



Hello Fellow Grower,

Welcome to the **Finding Your Vocation Workbook**, If you've been feeling overwhelmed, pulled in too many directions, or drowning under a never-ending to-do list, you're in the right place. I'm so excited that you're ready to discover your vocation, find balance in your growing journey, and focus on the goals and habits that will lead you to success.

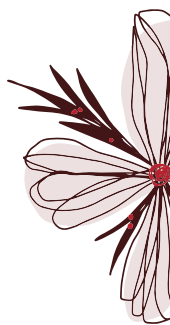
When you find your vocation you will have a straightforward guide that shows the exact goals you need to be focusing on in this season of your journey.

So what is your Vocation?

Your Vocation is your part in the story that God designed for you. It involves our talents, gifts, and passion given us by God and how we can use them to benefit the world around us. God has made you unique! He wants you to share your gifts with those around you, a spouse, children, your family.



Here's the exciting part—God often gives us more than one vocation! By tapping into these vocations, we become active participants in God's grand story, living out the purpose He has for us. As women, God provides a beautiful example of this through the Proverbs 31 woman. She embodies many vocations, each one bringing glory to God, especially in how she loves and cares for her family.





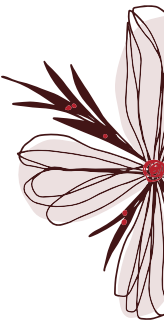
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The Proverbs 31 Woman:

Here are some of her incredible qualities and roles:

- **She supports and uplifts her husband:** She brings him confidence and does him good, not harm.
- **She works with eager hands:** She runs her household and tends to the farm with diligence and joy.
- **She feeds her family:** She ensures they are nourished and cared for.
- **She manages finances wisely:** She creates abundance through thoughtful planning and stewardship.
- **She clothes her family with care:** She keeps them warm and protected.
- **She embodies dignity and strength:** Her character reflects her unwavering faith and perseverance.
- **She speaks wisdom:** She offers faithful instruction and guidance.
- **She is vigilant over her household:** She stays attentive to its needs and does not give in to idleness.
- **She loves her children and husband deeply:** Her care is evident in all she does for them.
- **She fears the Lord:** Her reverence for God shapes her life.
- **She is honored for her hard work:** The fruits of her labor are recognized and celebrated.





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Verses to Reflect On:

Take time to read Proverbs 31:10–31 and see how these roles resonate with your life. As you work through this workbook, you'll explore the vocations God has given you and how you can live them out with intention and purpose.

Let's dive in and begin uncovering the unique story God is calling you to live!

Epilogue: The Wife of Noble Character Proverbs 31:10-31

10 A wife of noble character who can find?
She is worth far more than rubies.

11 Her husband has full confidence in her
and lacks nothing of value.

12 She brings him good, not harm,
all the days of her life.

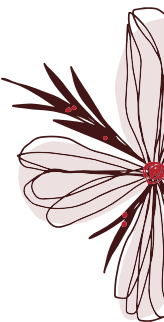
13 She selects wool and flax
and works with eager hands.

14 She is like the merchant ships,
bringing her food from afar.

15 She gets up while it is still night;
she provides food for her family
and portions for her female servants.

16 She considers a field and buys it;
out of her earnings she plants a vineyard.

17 She sets about her work vigorously;
her arms are strong for her tasks.

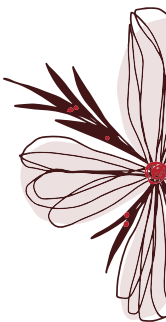




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- 18 She sees that her trading is profitable,
and her lamp does not go out at night.
- 19 In her hand she holds the distaff
and grasps the spindle with her fingers.
- 20 She opens her arms to the poor
and extends her hands to the needy.
- 21 When it snows, she has no fear for her household;
for all of them are clothed in scarlet.
- 22 She makes coverings for her bed;
she is clothed in fine linen and purple.
- 23 Her husband is respected at the city gate,
where he takes his seat among the elders of the land.
- 24 She makes linen garments and sells them,
and supplies the merchants with sashes.
- 25 She is clothed with strength and dignity;
she can laugh at the days to come.
- 26 She speaks with wisdom,
and faithful instruction is on her tongue.
- 27 She watches over the affairs of her household
and does not eat the bread of idleness.
- 28 Her children arise and call her blessed;
her husband also, and he praises her:
- 29 “Many women do noble things,
but you surpass them all.”
- 30 Charm is deceptive, and beauty is fleeting;
but a woman who fears the Lord is to be praised.
- 31 Honor her for all that her hands have done,
and let her works bring her praise at the city gate.





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Steps to Finding Your Vocation

When you discover your vocations, you, like the Proverbs 31 woman, can create a life of balance and purpose that fulfills God's story for you. Let's walk through these steps together:

Step 1: Identify Your Relationships

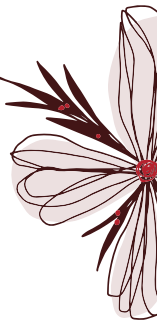
Reflect on the relationships God has given you to nurture and care for. Relationships are a central part of our vocation. Think about the roles you hold and the people in your life who depend on you.

Examples from the Proverbs 31 Woman:

- She is a **wife** to her husband.
- She is a **mother** to her children.
- She is a **steward** to her workers.
- She is a **daughter** to her parents.
- She **fears God**, cultivating a deep relationship with Him.

Your Turn:

Write down the relationships in your life that God has placed under your care:





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Step 2: Discover Your Gifts

Identify the talents and passions God has given you to serve others.

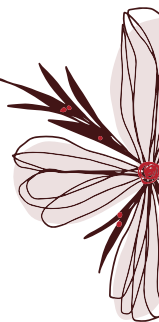
Your gifts are unique abilities or interests that allow you to help and bless others. These may align with your career, but often they are passions or hobbies that give you joy and purpose.

Examples from the Proverbs 31 Woman:

- She creates **clothes and linens**, which she sells to support her family and provide for others.
- She uses her skills to **clothe her family** and create warmth and security.

Your Turn:

Write down your gifts and how you are currently using them:





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Step 3: Recognize What You Steward

Think about the things God has placed in your care.

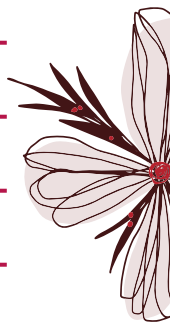
These could be physical responsibilities, areas of influence, or people who depend on you.

Examples from the Proverbs 31 Woman:

- She cares for her **household** and ensures it runs smoothly.
- She tends to her **farm** and manages her property.
- She oversees her **finances** wisely.
- She prioritizes her **family's well-being** and nurtures her relationship with her husband.

Your Turn:

List the things in your life that God has entrusted to you:





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Step 4: Find Common Threads

Review your lists and identify overlapping themes or areas. Look for connections between your relationships, gifts, and areas of stewardship. Combine similar items into categories that represent the primary areas of your life. Aim to create no more than six categories.

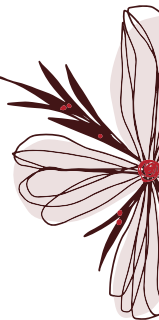
Examples from the Proverbs 31 Woman:

- Relationships with family members might combine under “Family.”
- Gifts and work responsibilities might align under “Creativity” or “Career.”
- Stewarding your household, finances, and property might fall under “Home Management.”

Your Turn:

Group your lists into categories and write them below:

~ Use this space to make notes and be messy, but write them out on the next page





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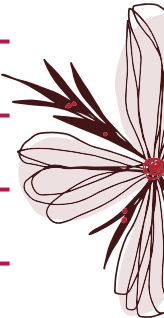
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Step 5: Name Your Lists

The lists you've created are your vocations! Now it's time to give each one a clear and meaningful name that reflects its purpose.

Examples from the Proverbs 31 Woman:

- Wife
- Mother
- Daughter of God
- Homemaker
- Manager/Steward

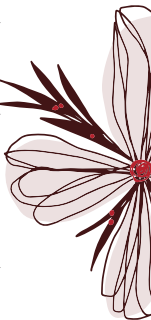
Your Turn:

Look at your categories from Step 4 and name each one. These names will help you identify and connect with your vocations.

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Step 6: Define Your Role in Each Vocation

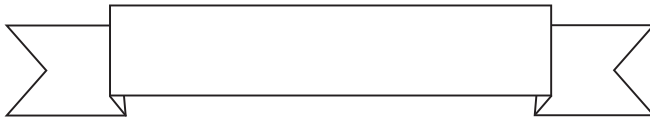
Take time to clarify what each vocation means for you and the actions you can take to live it out. This step helps translate your vocations into specific roles and responsibilities.

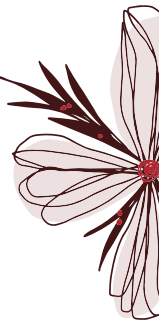
Example from the Proverbs 31 Woman:

- Homemaker:
 - Clothe my family.
 - Prepare meals for my household.
 - Manage the family finances.
 - Make cloth for the beds.

Your Turn:

Define each of your vocations and list out the roles and responsibilities that bring them to life. These definitions will guide you as you set your goals and take action.







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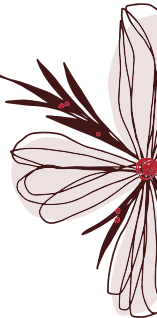
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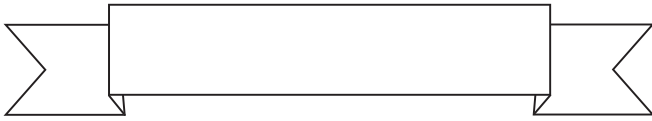
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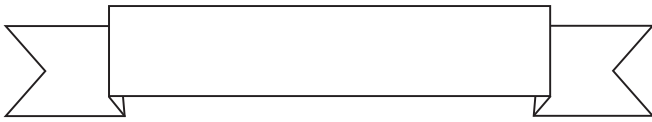
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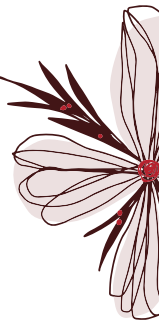
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Extra Thoughts:







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Step 7: Choose Your Focus for the Next 12 Weeks

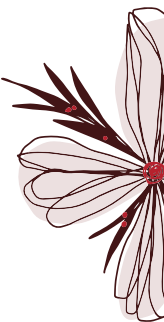
It's tempting to try to tackle everything at once, but focusing on just two vocations for the next 12 weeks will help you make real progress without feeling overwhelmed.

1. Pick two vocations to focus on: Choose the ones that feel most important for this season of your life.
2. Create a maintenance plan for the others: Think of small, consistent actions to keep your other vocations on track without overwhelming yourself.

Example from the Proverbs 31 Woman:

- Focus Vocation: Homemaker
 - Plan and prepare healthy meals for my family.
 - Organize a budget and track household expenses.
- Maintenance Vocation: Wife
 - Have a weekly date night with my husband.
 - Show daily appreciation through kind words or small acts.

Each quarter, you can shift focus to two new vocations while maintaining balance in the others. This rotation allows you to honor all your vocations over time without losing focus or momentum.





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Your Turn :

1. Choose Two Vocations to Focus On: Review the vocations you named in Step 5. Which two feel most pressing or important for this season of your life? Write them down below, make your full plan on the next page:

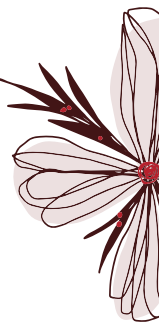
- Focus Vocation 1: _____
- Focus Vocation 2: _____

2. Create a Maintenance Plan for the Others: Think about the other vocations, list them below. What small, manageable actions can you take to keep these areas steady while focusing on your top two? Write those plans on the next page:

- Maintenance Plan for Vocation 1: _____
- Maintenance Plan for Vocation 2: _____
- Maintenance Plan for Vocation 3: _____
- Maintenance Plan for Vocation 4: _____

3. Set a Timeframe: Mark your calendar for 12 weeks from today or for the next Quarter, your choice. This will be the end of this season's focus. At that time, you can revisit your list, assess your progress, and choose two new vocations to prioritize.

4. Reflect and Pray: Spend time in prayer, asking God to guide you as you focus on these vocations. Write a short prayer or affirmation below to center your heart:





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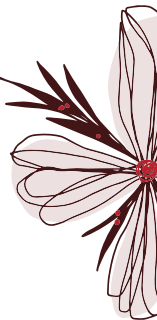
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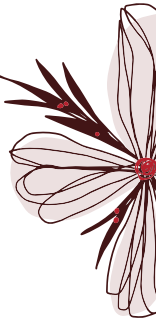
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Take Action!

You now have the tools to find the calling God has placed on your life. Work through these steps, define your vocations, and begin creating balance by focusing on what truly matters.

If Step 7 feels a little overwhelming and you'd like more guidance, I invite you to check out my **Purposeful Goal Planning Mini Course!** In the course, I'll walk you through setting goals and habits that will help you bring your purposeful journey to life.

[Click here to learn more!](#)

I can't wait to see where God is leading you.

Have a blessed day,

Crystal

