



Vocation *Write down your personal vocation statement*

Regular Practices

Up *Upward to God*

In *Inward to Self*

With *Withward in Community*

Out *Outward in Mission*

Seasonal Practices

Up *Upward to God*

In *Inward to Self*

With *Withward in Community*

Out *Outward in Mission*

Growth *Write down a few growth areas to focus on during this season*