

# Career & Call

## *Course Workbook*

---





© 2021 THE SEATTLE SCHOOL OF THEOLOGY & PSYCHOLOGY

All Rights Retained.

The Seattle School of Theology & Psychology cannot be held responsible for any harm incurred by participation.

---

# Table of Contents

4	Course Introduction	21	Interlude
5	Preparing for this Course	24	Redemptive Stories
7	Cultural Frameworks	28	Metaphors
12	Shapes of Call	30	Possible Selves
14	Inheritance	34	Prototyping & Action Plan
18	Strengths	39	Ending

# Course Introduction

Welcome to Career & Call!

Thank you for including us in your journey of discovery and discernment. This workbook is the companion to the video series: each of the nine lessons in the Career & Call course has an accompanying worksheet in this book. Instructions for how to do each worksheet are included in the final video of each lesson.

The worksheets are designed to help you apply the ideas presented in the video so that you can move forward in your career and call. Spending the time to thoughtfully complete each exercise will significantly increase the benefits of taking the course. Remember that the time you spend exploring these questions benefits not only you, but also the other people in your life and the communities to which you belong.

This workbook uses a paradigm of call that is more all-encompassing than any single career. Call is how you put together lots of elements of your life--your relationships, recreation, and non-paid work--into a meaningful whole. No single role in your career can bear all the weight of your need for purpose. That's why you'll see throughout this workbook references to work that is paid and unpaid--because call weaves all the work of your life together into a meaningful whole.

That said, over a lifetime you will probably spend more time at your places of work than you spend doing any other single activity. So really taking the time to find work worth doing, a career that fits you well, is a very important investment. By watching the video teaching and doing the worksheets, you will have learned a process of discovery and discernment that you can use over and over again in making life decisions.

Blessings to you on this journey!



**Kate Rae Davis**  
*Director of Resilient  
Leaders Project*



**Andrea Sielaff**  
*Resilient Leaders Project  
Researcher*

# Preparing for this Course

Exploring your call is a beautiful and worthwhile pursuit, and it can raise some strong emotions as you dive further into your story and imagine what new possibilities might await you. As you begin this journey, we want to offer some suggestions about how to prepare yourself and your space to foster an environment that feels safe and comfortable to you and can facilitate your reflection and learning.

We recommend that you complete approximately one lesson per week, though you are welcome to adjust the timing to fit your own schedule and pacing. When you sit down to begin a lesson, we recommend you consider the following:

- Choose a quiet place where you will be uninterrupted for about 30-60 mins each time. Lessons vary in length and some include worksheets, which can take as much time as you want to allocate to them.
- Select a day of the week that you will work on this course. By setting a day each week, you are helping yourself to create a new habit.
- Find a position that is comfortable for you to sit for 30-60 mins. For some, this may be an office chair and desk; or, you may prefer to sit on a pillow on the ground, or even on your couch. The important thing is to find a space you feel at ease and undistracted so that your attention can stay with the content.

As you prepare to engage in this course, consider your senses. Ask yourself:

- What do I see? Do I need anything to focus my mind?
- What do I feel? Do I need anything to comfort my body?
- What do I smell? Do I need anything to ground me?
- What do I hear? Do I need anything to calm or quiet me?

Consider how to minimize distractions in your environment. We recommend silencing cell phone notifications. You can listen to the lessons with headphones if there is background noise. Investing your full attention in this class is an investment not only in your well-being but also in the well-being of those around you.

# Preparing for this Course

## *Reflection Prompts*

What brought you to this course? What need do you have that you hope will be met? What outcomes do you desire for yourself?

---

---

---

---

---

What feelings came up for you as you watched the introductory videos? What thoughts did you have? What resonated with you as true? What did you disagree with?

---

---

---

---

---

# Cultural Frameworks

## Exploring Myths of Call

For each myth, pay attention to the feelings that come up for you. You may want to pause the video after each myth and reflect on what comes up for you.

- What do you feel about this myth? How has it been communicated to you, implicitly or explicitly?
- What would shift in your life if you were to shift to the reframe?

**Myth #1:** *You alone* are called.

Reframe: You are called as part of a *community*.

---

---

---

---

---

**Myth #2:** You are called *to a career*.

Reframe: You are called *to a life* - of which career is one component.

---

---

---

---

---