

CENTERING ON YOUR CALLING

This exercise, although simple, may be more challenging than you think. It is designed to help you create or rediscover your call to service and will provide opportunity for you to evaluate whether you are still centering your life on that call. The goal of this exercise is to increase your awareness and remind you of what first captured your heart about your work so that you can live that call to it's fullest extent, avoid burnout, and be full of joy in all that you do. Your passion becomes your power! Your work can heal you too!

Step 1. Write a brief description of what passions called you to your type of service:

Step 2. Look again at your description and ask yourself, “What main principle, cause or core value do I feel called to stand for or change in others? What could I devote my life to? What brings me the most fulfillment? Hint: Your calling just isn’t serving as a doula. It might be a passion about serving with a more primal/intuitive doula style. It isn’t just about midwifery education, but it might be a paradigm transformation in midwifery education that you are passionate about. Your core value isn’t your role or what you DO for a living....it’s the value or experience you long to impact or change with your life.

Step 3. Who are you called to help? Get clear on who you most want to serve, be around, inspire, learn from and positively impact. This isn’t about being all inclusive about all the people whom you help, but it is intended to highlight the central focus and passion of your calling.

Examples: pregnant people of color, growing families, newborns, teens, low-income families, a particular cultural or religious group, midwives, midwifery students, doulas, nursing women, immigrant people, new midwifery students, doula educators etc.

Step 4. Thinking about the above core value and who you are called to serve, list 3 action words that excite you about what you do, help you to reach others and feel descriptive of those times you are fulfilled in your work. They will shape your service calling. Below are some word ideas to help:

Accomplish	acquire	adopt	advance	affect	affirm
alleviate	amplify	appreciate	associate	Believe	bestow
brighten	build	call	Cause	choose	claim
collect	combine	Command	communicate	compel	compete
complete	compliment	compose	conceive	confirm	connect
consider	construct	contact	continue	counsel	create
decide	defend	delight	deliver	demonstrate	devise
direct	discover	discuss	distribute	draft	dream
educate	elect	embrace	encourage	endow	engage
enhance	enlighten	enthuse	evaluate	excite	explore
express	extend	facilitate	finance	forgive	foster
further	gather	generate	give	grant	heal
hold	host	identify	illuminate	implement	improve
inspire	integrate	involve	keep	know	labor
launch	lead	light	live	love	make
manifest	master	mature	measure	meditate	model
mold	motivate	move	negotiate	nurture	open
organize	participate	perform	persuade	play	possess
practice	praise	prepare	present	produce	progress
promise	promote	provide	pursue	realize	receive
reclaim	refine	reflect	reform	regard	relate
release	rely	remember	renew	resonate	respect
restore	return	revise	sacrifice	safeguard	satisfy
save	sell	serve	share	speak	stand
summon	support	surrender	sustain	take	tap
team	touch	translate	travel	understand	use
utilize	validate	value	venture	verbalize	work
volunteer	worship	write	yield	guide	nourish

Step 5. Now put the whole picture together:

My calling is to:

_____, _____, and _____
 (your 3 word ideas/verbs)

 (core value)

to, for, or with

 (the cause/persons which most move/excite you)

Things will change when you know and focus on your true calling. You will attract people with similar values and tastes. It will give you a yardstick to measure where you are headed instead of just drifting through work...sometimes into joyless tasks. It will allow you to consciously create your practice and relationships. It will keep your life focused on the joy of your calling so the Healer can be healed by the work of her own hands and heart.