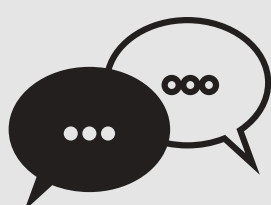


# HOW TO DISCERN YOUR VOCATION



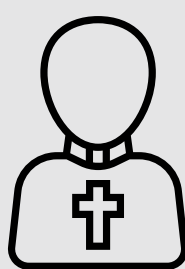
## 1 PRAY

Establish a routine prayer life of attending Mass regularly, praying the Rosary, meditating on Scripture, journaling, making a retreat, and spending time with the Lord in front of the Blessed Sacrament.



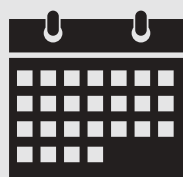
## 2 TALK

Contact your Diocesan Vocations Director and speak to them about your discernment thus far to get their advice on next steps.



## 3 SPIRITUAL DIRECTION

Spiritual Direction, often by a priest or consecrated person, attunes the heart to the voice of the Lord and will help you identify how the Holy Spirit is moving in your life.



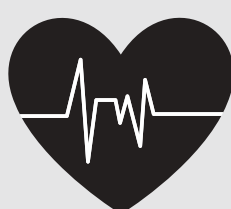
## 4 COME & SEE

Often coordinated by the diocesan vocation office, these "Come & See" events offer a glimpse into the life of a seminarian / religious sister and will help you identify if this is the life to which God is calling you.



## 5 GET INVOLVED

Consider volunteering in your parish or community and finding trusted friends who can provide support and accountability for your discernment journey.



## 6 REST

Discerning a vocation should not be considered an "accomplishment" that you check off your to do list. It's a daily walking with God that involves the whole person. A healthy life balance of eating well, exercising, and getting the proper amount of rest will positively contribute to your spiritual well-being!