



IS THIS WHAT I'M CALLED TO DO?

Your Next Mile Clarity Check

A 5-minute self-check and a week of reflection questions for professionals who dread going to work, or who wonder if this is what they're meant to be doing.

You do not need every answer to take your next step. You need honest clarity about where you are right now. Rate each statement below, add up your score, then use the reflection questions to go deeper over the next week.

1 The Self-Check

Rate each statement from 1 (rarely true) to 4 (almost always true).

1.	I can describe in one sentence what I want my next season to look like.	
2.	I know what is driving my restlessness, not just that I feel it.	
3.	My daily work lines up with what I say matters most to me.	
4.	I could name my top three values without much thinking.	
5.	Most weeks I finish work with energy left for the people and things I love.	
6.	I am moving toward something, not just away from something.	
7.	At least one trusted person knows what I am wrestling with.	
8.	I am making decisions from clarity, not from stress or pressure.	
9.	Most Sunday evenings I feel ready for the week ahead, not dread.	
10.	I believe my work is a good use of my gifts and has purpose beyond a paycheck.	
My total (10 to 40)		

2 Reading Your Score

10 to 19

In the fog

Feeling stuck is common and it does not mean you are failing. You need space, good questions, and someone to think with. Start with the reflection questions below and consider talking it through.

20 to 29

Pieces in place

You know more than you think. Look at the statements you scored 1 or 2. The gap is usually specific, and focused work can close it.

30 to 40

Ready to move

You have real clarity. Your next step is a simple plan and steady momentum. Pressure-test the plan with someone you trust, then act on it.

Which statements did I score 1 or 2? What do they have in common?

3 Reflect for a Week

Choose one question a day. Write for five minutes without editing yourself.

What is the tension I keep circling back to, and what do I think it is asking of me?

What do I dread most about my work, and what does that dread tell me about what matters to me?

What am I afraid will happen if I make a move? What am I afraid will happen if I do not?

4 Through a Faith Lens (Optional)

Skip this section if it does not fit where you are. These two scores are separate and do not count toward your total.

A. I am seeking God's direction in this, not only my own comfort or fear.

B. I am at peace with taking a next step even without every answer.

A low score here is not a failing grade. It points to where you can slow down and listen.

Before you move on, slow down and read Proverbs 3:5-6.

5 Your Next Step

What one step will I take this week, and on what day?

Want help making sense of your answers?

If your answers surprised you, or left you more tangled, talk it through. A free 20-minute conversation.

Book a Free Clarity Call

Video or phone. Zero sales pitch.

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