Session 57: Called and Capable: Matching Vocation to the Life You Are Building

Duration: 60 minutes • Recovery education group. Ensure all participants are seated and ready

Materials: Whiteboard; workbooks and pens; the Session 57 handout (Testing a Vocation)

Learning objectives — by the end of this session, participants will be able to:

- Distinguish job (what pays), career (what builds), and vocation (what fits the compass sentence, Session 53)
- Score a real opportunity against four tests: fit, sustainability, risk, and direction
- Name their next capability to build and the first concrete step toward it

Opening (3 minutes)

Newcomer bridge (60 seconds): This is Phase 5 — Giving Back. The one idea today is that a vocation is tested against the person you are actually becoming. You are welcome here without earlier sessions; everything you need for today is in this session. A job feeds you this month. A vocation feeds the life. Today we put real opportunities on the table and test them against the person you are actually becoming — not the person you were, and not the person in the fantasy.

Check-in prompt (8 minutes)

Name, craving 0–10, one word for your week — then: "If money were handled for one year, what work would you choose purely because it fits you? Say it out loud before you edit it." Log every craving score on the roster.

Passing is honored — you may pass any question, prompt, or practice without explanation, step out and rejoin, and choose a partner-only option where one is offered.

Teaching (20 minutes)

Session 53 wrote the compass sentence; Session 54 got you in the door. Vocation is where the two meet over time: work that uses your actual capabilities, can be sustained by your actual life, and moves in your compass direction. Capabilities are built, not found — training, certificates, licenses, and slow reputations — and every build starts with one named step small enough to take this month.

- **Four tests for any opportunity** Fit: does it use your real strengths (Session 32)? Sustainability: can your body, schedule, and household carry it for a year? Risk: what are its chains — people, places, paydays (Session 29)? Direction: does it move along your compass sentence, or merely pay more to stand still?
- **Build the capability before the title** Name the next capability — the certificate, the license, the skill, the supervised hours — and its first step. People who chase titles collect rejections; people who build capabilities collect options.
- **A no can be obedience** Declining the wrong good offer — the money is real and the risk is fatal — is a vocational skill. Say it clean, say it early, and write down the test it failed so the next offer is judged faster.

Sources & Evidence — Facilitator background — do not teach

Self-efficacy research links mastery experiences and graded, achievable steps to durable behavior

change, and recovery capital research links skills, credentials, and meaningful roles to sustained recovery (Bandura, 1977; Granfield & Cloud, 1999). Key sources for this session: Bandura (1977); Granfield & Cloud, 1999; SAMHSA (2012). Evidence strength: Moderate — observational and theoretical literature. Spiritual practice: Service and helping others — correlates with purpose expressed as vocation and meaningful work; evidence: Moderate (SAMHSA, 2012; Granfield & Cloud, 1999). Full citations: Appendix H. The session's Scripture material is in its optional handout (Appendix I), as theological foundation, quoted from the King James Version.

'Evidence strength' grades the correlated mechanism, not the spiritual practice itself

Pause midway through teaching: ask, "What part of that sounds most like your life right now?" Take two or three answers, connect them to the teaching, and continue. Teach in your own words — the bullets are your map, not a script to read aloud.

Discussion questions (10 minutes)

1. Run a real opportunity — yours or a plausible one — through the four tests aloud. Where does it fail?
2. What is your next capability, and what is embarrassingly small first step you have been avoiding?
3. Tell about a 'no' you are proud of, or one you wish you had said. What did it teach your tests?

Skill practice (12 minutes)

Vocation board (solo grid, then pairs): draw the four tests as columns; enter one real opportunity; score each column with evidence, not feelings — a schedule, a name, a number. Below the grid, write the next capability and its first step with a date. Partners interrogate the weakest column: what would have to change for this to pass?

Personal application — homework (5 minutes)

Take the capability's first step this week — the call, the catalog, the enrollment question, the conversation — and write the name of the human you dealt with and what they said. Participants write it in their workbook before leaving. Facilitator: name the homework again at the door as people leave.

Facilitator notes and cautions

Facilitators keep vocation talk out of fantasy and out of recruitment: no participant pitches a business, a scheme, or a program to the room, and no facilitator promises outcomes for any training path. Questions about costs, loans, or licensing go to the Program Director; this curriculum names steps, not financing.

Closing (2 minutes)

Test the work against the life, build the capability before the title, and let a clean no protect a better yes. Next session: setbacks — losing, leaving, and starting again without losing the recovery.

Fidelity check for this session: objectives named at the start ☐ craving scores logged ☐ skill practice completed in full ☐ homework written down by participants ☐ session note filed today ☐