

## **Vocational Readiness Checklist**

### **Finances**

1. Do I live beyond my means?
2. Am I in significant debt? If so, do I have a plan I'm actively fulfilling to work it off? (e.g. making student debt payments each month)
3. Do my finances cause me a lot of worry?
4. Do I have enough self-control to save money with my current means?

### **Habits**

1. Do I struggle with addictions to immoral actions or unhealthy substances?
2. Am I more present to people or to my phone on a regular basis?
3. Where do I consistently experience stress? Does that point to deeper issues or wounds such as anger, low self-esteem, depression, etc?
4. Am I actively working to improve myself or do I allow a bad habit to worsen?
5. Do I take care of my health?
6. Do I use language that's disrespectful to God or others?

### **Relationships**

1. Do I have enough community with friends who build me up?
2. Do I gather people around me who hold me to high standards or who only tell me what I want to hear?
3. Are my primary family relationships healthy? If not, have I processed those wounds or am I actively seeking to process them?
4. Do I have a spiritual director and/or adequate spiritual guidance?

### **Responsibility**

1. When I commit to something, do I follow through?
2. Do I consistently complain or blame others?
3. Do I see my hardships as the result of others' mistakes or do I take responsibility?
4. Am I able to hold a job?
5. When I make a mistake, do I admit it and apologize?

### **Self-Image**

1. Do I talk kindly to myself?
2. Do I think of myself as inherently good?
3. Do I take care of my body through moderate, healthy diet and exercise?
4. Do I hold myself to impossible standards?
5. Do I compare myself to others on social media or people in my community?

### **Spiritual Life**

1. Do I attend mass at least once a week and pray every day?
2. Do I pursue a relationship with God?

3. Do I go out of my way to do acts of service for my family, friends, and other volunteer opportunities?
4. Am I a continuous learner in my faith?
5. Do I make efforts to lead others to Christ through my actions?