



PARTICIPANT WORKBOOK

Professional Calling Reflection Workbook

*A 30-day companion for recognition, integration, discernment, and
response*

Prepared for

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The MD PhD Prophet | The Spark Unfolding Book Club

COMPLETE | ACCURATE | READABLE | REFINED | PURPOSE-BUILT

How to use this workbook

Use this workbook beside a digital book, audiobook, print edition, or guided professional circle. Move at a humane pace. Complete one page at a time. Keep personal and professional confidentiality. Spiritual impressions may be recorded as discernment and carried through Scripture, context, time, wise counsel, and fruit.

BEGIN Write the question that is already alive in your present season. Let the first sentence be honest before it becomes polished.

My present-season question

My format and rhythm

I will begin with: digital / audio / print / a combination

My reading or listening window:

My realistic weekly rhythm:

The place where I can reflect safely:

The person or community I may invite into the process:

Part I. Recognize

Recognition gathers what has been present before it explains what it means. Record facts, patterns, repeated questions, embodied responses, and meaningful moments without rushing toward certainty.

1. What has returned to my attention across several years or seasons?

2. Which experiences felt disconnected when they occurred and appear related now?

3. Where do I feel energy, grief, resistance, peace, responsibility, or holy curiosity?

4. Which problem, people, place, or possibility continues to move me?

5. What preparation have I received that I may have underestimated?

6. What do other people consistently trust me to see, explain, hold, or lead?

7. Which part of my story still feels unfinished?

Recognition summary

The pattern I can name today is:

Part II. Integrate

Integration brings professional identity, faith, intellect, emotion, embodiment, relationship, culture, loss, desire, service, and future responsibility into a coherent conversation.

Role and value map

Role I carry	Value expressed	Gift or skill used	Cost or tension	What this may be forming

1. Where have I separated faith from professional identity?

2. Where has professional responsibility refined my spiritual maturity?

3. Which strengths create energy, and which become overused under pressure?

4. What has grief taught me about what matters?

5. What desire has remained with me long enough to deserve careful attention?

6. Which relationships have confirmed, corrected, protected, or expanded my understanding?

7. What would a more integrated life make possible for the people I serve?

Integration statement

In this season, professional preparation, spiritual formation, and lived experience converge around:

Part III. Discern

Discernment separates several meanings that can feel similar. Use the pages below to distinguish calling from capability, urgency from timing, visibility from stewardship, aspiration from assignment, and personal resonance from responsible interpretation.

Question	My present answer	Evidence or context	What remains uncertain
What is established fact?			
What is my interpretation?			
What is personal testimony?			
What is spiritual discernment?			
What counsel have I received?			
What fruit is emerging?			

1. What can I do that may not belong to my present assignment?

2. What feels urgent, and what actually has a deadline?

3. What response would remain faithful even if it received little visibility?

4. Which interpretation needs more Scripture, evidence, training, time, counsel, or testing?

5. Who may be affected by my decision, and what duty of care do I carry?

6. What risks, permissions, resources, relationships, and boundaries shape a responsible response?

7. What fruit would support this direction over time?

Provisional discernment statement

Based on the information, prayer, context, and counsel available today, I am holding this understanding provisionally:

Part IV. Respond

Response gives discernment a proportionate form. Begin with a step that is faithful, practical, ethically sound, and possible within the present season.

My next-step menu

- One conversation I can schedule

- One boundary I can establish

- One application, proposal, or request I can submit

- One hour of study or training I can complete

- One act of service that does not depend on visibility

- One counsel relationship I can strengthen

- One reversible experiment I can run

- One responsibility I can delegate, renegotiate, or release

Decision page

The next faithful step is:

I will complete it by:

The support or permission required is:

The risk I will manage is:

The evidence or fruit I will review is:

The date I will reassess is:

The 30-day rhythm

Day	Movement	One sentence I am carrying	One response or question
1	Recognize		
2	Recognize		
3	Recognize		
4	Recognize		
5	Recognize		
6	Recognize		
7	Recognize		
8	Integrate		
9	Integrate		
10	Integrate		
11	Integrate		
12	Integrate		
13	Integrate		
14	Integrate		
15	Discern		
16	Discern		
17	Discern		
18	Discern		

Day	Movement	One sentence I am carrying	One response or question
19	Discern		
20	Discern		
21	Discern		
22	Respond		
23	Respond		
24	Respond		
25	Respond		
26	Respond		
27	Respond		
28	Respond		
29	Respond		
30	Respond		

Weekly review

Week 1

What became clearer?

What became more complex?

What interpretation changed?

What support do I need?

What faithful movement belongs to the next week?

Week 2

What became clearer?

What became more complex?

What interpretation changed?

What support do I need?

What faithful movement belongs to the next week?

Week 3

What became clearer?

What became more complex?

What interpretation changed?

What support do I need?

What faithful movement belongs to the next week?

Week 4

What became clearer?

What became more complex?

What interpretation changed?

What support do I need?

What faithful movement belongs to the next week?

My 90-day stewardship statement

During the next 90 days, I will steward this emerging understanding through the following practices, relationships, boundaries, learning, and service:

Closing reflection

What entered my awareness through this journey? What gained language? What remains sacred, unfinished, or in need of counsel? What movement now feels faithful and proportionate?

Privacy and professional boundary reminder

Keep patient information, protected health information, identifying clinical details, confidential workplace information, proprietary data, and another person's private story outside this workbook and any shared discussion. Use the workbook for personal reflection, education, vocational discernment, and spiritual formation. Individual medical, legal, mental health, or other professional needs belong within an appropriate professional relationship.

READER COVENANT *I will protect dignity, context, consent, and confidentiality as I reflect, converse, and respond.*

Before I share a story or reflection

- I have removed patient identifiers and confidential professional details.
- I own the story or have permission to share it.
- I understand the purpose and audience of the conversation.
- I may keep any reflection private or decline to answer.
- Individualized care or advice remains within an appropriate professional relationship.

My commitment

The boundary or practice that will help me protect integrity during this journey is:
