



*Higher Calling
First Steps Collection*

A guided framework to help you define,
realign, & move forward with intention

HIGHER CALLING FIRST STEPS COLLECTION

A message from Higher Calling's Founder, Caitlin:

Over time, I've learned that when life begins to shift, the most helpful thing we can do is add the right tools to our toolbox. The right tools don't give you all the answers but they help you slow down, see clearer, and provide an opportunity to respond with wisdom. Inside this collection, I'm sharing three of the core tools I share with all of my clients and that I personally return to often. This collection was created to help you: Define language that drives change & clarity » Realign, shed & nurture what is calling » Respond and grow in wisdom. Here is what I have thoughtfully included:

Higher Calling Language Guide

Before we can change our lives, we need language for what we're actually pursuing.

Clarity. Discernment. Courage. Obedience. Peace. Alignment. Stillness. Calling. Surrender. Most of us haven't picked up a dictionary in years, but words shape the way we think, choose, and live. When you understand the true meaning and origin of the words guiding your life, they become more than ideas. They become anchors. The Higher Calling Language Guide takes you back to the basics, helping you build a deeper relationship with the principles that support real change and intentional living. Because sometimes growth begins by simply understanding the words you want your life to reflect.

Life Alignment Wheel

Awareness always comes before change.

This tool helps you honestly evaluate the key areas of your life, where you feel grounded, where you feel stretched, and where something may no longer fit. The purpose isn't judgment. It's clarity. The Life Alignment Wheel helps you identify where your life is asking for nurturing, boundaries, rest, release, or intentional change. It's a starting point for thoughtful realignment.

Wise Counsel Prompts

My mom always says: "Seek wise counsel."

This is where we often find the next right step on our journey. Sometimes that counsel comes from within, God, or those around us but typically it starts with asking ourselves questions that encourage us to go deeper. These 30 reflection prompts are designed to help you quiet the noise, deepen self-awareness, strengthen discernment, and move forward with intention. They encourage finding wise counsel from within, through prayer and reflection or by reaching out to our trusted tribe. They're not meant to be rushed. They're invitations to slow down and listen.

Please do not hesitate to reach out if you would like to dive deeper on what you discover.

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Higher Calling Language Guide

This guide was created to move these words from inspiration into application.

Each word includes the following parts:

Origin – where the word comes from and the deeper meaning behind it.

Definition – a clear understanding of the principle itself.

Opposite / When Misaligned – patterns or behaviors that signal you may be operating out of fear, urgency, or external pressure instead.

Higher Calling Practice – a simple way to embody the word in your daily life.

What it looks like when present – *how the word shows up in real life.*

I begin this guide with **stillness** » **discernment** » **courage** » **obedience** because real change does not start with action. It starts with making space. Before we move, we must quiet the noise. Before we decide, we must listen. Before we step forward, we must know what is truly being asked of us. Stillness creates the space to hear. Discernment reveals what is true. Courage allows us to face it. Obedience is the moment we move.

From there, the words in this guide follow the natural path of growth: making space, listening more deeply, aligning with what is true, releasing what no longer fits, moving forward with intention, trusting the process, and ultimately becoming who you were meant to be. Because transformation is not one decision. *It is a process.*

Make space » **Listen** » **Align** » **Release** » **Move** » **Trust** » **Become.**

This is not meant to be read once and set aside. Return to these words when you feel uncertain, overwhelmed, or out of alignment. Choose one word to focus on for the day or the week. Notice where it is present in your life, and where it isn't.

Growth rarely happens through big, dramatic changes. More often, it happens through small moments of awareness...followed by one honest step. Let this guide be a tool for reflection, realignment, and daily practice as you learn to live with greater clarity, peace, and intention.

stillness

Origin: From Old English stille, “quiet, calm.”

Definition: The disciplined choice to pause so truth can be heard.

Opposite / When Misaligned: Constant busyness, distraction, filling silence with input or activity.

Higher Calling Practice: Take five minutes today with no phone, no music, no input. Sit and breathe.

Stillness creates the space where discernment and peace can surface.

Without stillness, everything feels urgent. With it, truth becomes easier to hear.

discernment

Origin: From Latin discernere, “to separate, distinguish, decide.”

Definition: The practiced ability to perceive what is true, necessary, and timely and to distinguish it from noise, impulse, or external pressure.

Opposite / When Misaligned: Confusion, urgency, overthinking, constantly seeking outside opinions.

Higher Calling Practice: Write two columns: What I know and what others expect. Choose one action that honors what you know.

Discernment is deeper than decision-making. It requires stillness, reflection, and humility.

It asks not just what could I do, but what is being asked of me now?

Discernment clarifies the next right step, not the entire path.

courage

Origin: From Latin cor, “heart.”

Definition: The capacity to act in alignment with truth despite fear, uncertainty, or personal cost.

Opposite / When Misaligned: Avoidance, people-pleasing, staying where you have outgrown.

Higher Calling Practice: Take one small step today toward something you have been avoiding because it feels uncomfortable.

Courage is not the absence of fear; it is movement with fear present.

It shows up when staying the same feels safer but no longer honest.

At its core, courage is choosing integrity over comfort.

obedience

Origin: From Latin oboedire, “to listen, to heed.”

Definition: Responding faithfully to what has been discerned, even when the outcome is uncertain.

Opposite / When Misaligned: Waiting for more signs, delaying action, seeking approval.

Higher Calling Practice: Ask yourself: “What do I already know I am being asked to do?”

Then take one step toward it today.

Obedience flows from alignment. It is the willingness to act on what has already been revealed.

Obedience is courage in motion. Obedience is how faith becomes action.

grounding

Origin: From Old English grund, “foundation.”

Definition: Returning your body and mind to the present moment.

Opposite / When Misaligned: Mental spiraling, future-tripping, overwhelm.

Higher Calling Practice: Take five slow breaths and feel your feet firmly on the ground.

Grounding calms the nervous system so truth can be heard without anxiety or urgency.

presence

Origin: From Latin praesentia, “being at hand.”

Definition: Full attention to what is here, now.

Opposite / When Misaligned: Multitasking, distraction, living mentally elsewhere.

Higher Calling Practice: Choose one routine activity today and do it slowly, without rushing or checking your phone.

Presence quiets anxiety about the future and regret about the past.

Clarity only exists in the present moment.

awareness

Origin: From Old English gewær, “watchful, attentive.”

Definition: Honest recognition of what is actually happening within and around you.

Opposite / When Misaligned: Avoidance, denial, emotional numbing.

Higher Calling Practice: Name what you are feeling in one word without trying to fix it.

Awareness is the beginning of change. You cannot shift what you refuse to see.

honesty

Origin: From Latin honestus, “honorable, genuine.”

Definition: Telling the truth to yourself before you explain it to anyone else.

Opposite / When Misaligned: Minimizing, rationalizing, people-pleasing.

Higher Calling Practice: Finish this sentence privately: The truth I’ve been avoiding is...

Honesty creates the foundation for alignment.

Growth begins the moment you stop negotiating with what you know is true.

clarity

Origin: From Latin clarus, “clear, bright.”

Definition: The ability to see what matters now without urgency or overwhelm.

Opposite / When Misaligned: Overthinking, information overload, waiting for perfect certainty.

Higher Calling Practice: Write down the one step that feels clear right now. Ignore the rest of the plan.

Clarity rarely arrives all at once. It reveals the next step, not the entire future.

Clarity grows through movement, not perfection.

wisdom

Origin: From Old English wisdom, “knowledge combined with judgment.”

Definition: Applied truth shaped by experience, reflection, humility, and time.

Opposite / When Misaligned: Impulsivity, emotional decision-making.

Higher Calling Practice: Before making a decision, ask yourself: “Will this matter in a year?”

Wisdom knows when to act, when to wait, and when to release. It is not about reacting quickly but responding thoughtfully. It weighs what is urgent against what is truly important.

perspective

Origin: From Latin perspicere, “to look through, see clearly.”

Definition: The ability to step back and see the larger story.

Opposite / When Misaligned: Making permanent decisions based on temporary emotions.

Higher Calling Practice: Ask yourself: “What else could be true about this situation?”

Perspective widens your view beyond the immediate emotion, pressure, or fear. It reminds you that this moment is part of a bigger process, not the whole picture.

intention

Origin: From Latin intendere, “to stretch toward.”

Definition: Choosing your direction before taking action.

Opposite / When Misaligned: Reactivity, drifting, living on autopilot.

Higher Calling Practice: Set one clear intention for your day before checking your phone.

Intention brings purpose to movement instead of reacting to circumstances.

alignment

Origin: From French aligner, “to set in a line.”

Definition: When your values, actions, and inner knowing move together.

Opposite / When Misaligned: People-pleasing, performance, resentment, exhaustion from living out of sync.

Higher Calling Practice: Notice one area today where your actions don’t match your truth. Adjust one small thing.

Alignment feels grounded, not forced. It may be difficult, but it brings relief. Alignment is the body’s quiet yes.

peace

Origin: From Latin pax, “wholeness and completeness.”

Definition: An internal steadiness that comes from alignment, not the absence of difficulty.

Opposite / When Misaligned: Anxiety, urgency, pressure, decision-making from fear.

Higher Calling Practice: Before making a decision, pause and ask yourself: “Does this feel calm and grounded, or pressured and urgent?”

Peace is the felt sense of being rooted in what is true even when circumstances are unresolved.

Peace does not mean everything is easy. It means you are no longer at war with yourself.

Peace is how God leads.

release

Origin: From Latin relaxare, “to loosen.”

Definition: The conscious decision to let go of what no longer serves truth or growth.

Opposite / When Misaligned: Clinging, fear of change.

Higher Calling Practice: Identify one obligation or expectation you can let go of today. Then let it go.

Release creates space for what is next. What you loosen your grip on often loosens its grip on you.

surrender

Origin: From Old French surrendre, “to give up, yield.”

Definition: Releasing control over outcomes while remaining aligned with truth.

Opposite / When Misaligned: Control, forcing outcomes.

Higher Calling Practice: Write down one situation you cannot control and consciously release the outcome.

Surrender is not giving up. It is trust in motion.

It allows you to stay faithful to the step without trying to manage the result.

boundaries

Origin: From Old French bodne, “limit, edge.”

Definition: Limits that protect your energy, peace, and alignment.

Opposite / When Misaligned: Overextension, resentment.

Higher Calling Practice: Say no to one thing that drains your energy.

Boundaries create space for what matters most. What you protect determines what you are able to sustain.

freedom

Origin: From Old English freedom, “self-rule.”

Definition: Living from truth rather than expectation.

Opposite / When Misaligned: Living for approval.

Higher Calling Practice: Notice one decision you’re making for others and realign it with what is true for you.

Freedom follows alignment and honest choices. The more you live from truth, the less you need permission.

faith

Origin: From Latin fides, “trust, belief.”

Definition: Confidence in what you cannot yet see.

Opposite / When Misaligned: Doubt-driven paralysis.

Higher Calling Practice: Take one action that aligns with what you believe God is asking of you.

Faith moves forward before evidence appears. It is trusting that clarity often comes after obedience, not before.

patience

Origin: From Latin *patientia*, “endurance.”

Definition: Allowing timing to unfold without forcing.

Opposite / When Misaligned: Rushing, forcing outcomes or rushing the process.

Higher Calling Practice: Delay one decision today and revisit it from a calm state.

Patience protects alignment from urgency.

What is meant for you does not require you to rush ahead of peace.

resilience

Origin: From Latin *resilire*, “to rebound.”

Definition: The ability to remain steady, adaptable, and grounded through change, loss, or disruption.

Opposite / When Misaligned: Collapse, rigidity.

Higher Calling Practice: Reflect on one challenge you’ve survived and identify the strength it built.

Resilience grows through surrender, not control. Resilience is not hardening.

It is the quiet strength that comes from staying open, present, and willing to keep moving forward.

renewal

Origin: From Latin *renovare*, “to make new again.”

Definition: Restoration that follows rest and honest endings.

Opposite / When Misaligned: Burnout, constant striving.

Higher Calling Practice: Schedule intentional rest without productivity attached.

Renewal comes after release, not before. It follows surrender.

What you allow to rest is what becomes strong again.

calling

Origin: From Old English *ceallian*, “to call.”

Definition: A persistent inner summons toward a more honest and whole way of living.

Opposite / When Misaligned: Ignoring the nudge, numbing discomfort, staying where something no longer fits.

Higher Calling Practice: Ask yourself: “Where do I feel a quiet pull right now?”

Write it down without judging it.

Calling is often quiet at first. When ignored, it becomes louder.

Calling does not demand perfection. It asks for willingness.

becoming

Origin: From Old English *becuman*, “to come into being.”

Definition: The ongoing process of growing into who you are meant to be.

Opposite / When Misaligned: Staying attached to an old identity that no longer fits.

Higher Calling Practice: Ask yourself: “Who am I growing into?” Then make one choice today that reflects that person.

Becoming is not a single moment. It is a series of honest choices made over time.

Growth requires release, courage, and patience.

I hope you found this language guide to be a helpful. I encourage you to add additional words that you feel influence your life that may be meaningful additions. I have included a section on the next page for you to do so. Before you move on though, there are a few thoughts I would like to share:

You will not live every word in this guide perfectly, and you are not meant to. There will be seasons that call you into stillness and others that ask for courage. Some seasons will require release and surrender. Others will ask you to remain patient and trust what is unfolding, even when you cannot yet see the outcome. This work is not about getting everything right. It is about staying honest and remaining aligned with what you know to be true.

When you feel uncertain, overwhelmed, or pulled in too many directions, return to the word that feels most present for you in that moment. Let it guide your attention. Let it shape one small decision. Let it bring you back to yourself. Over time, this practice becomes more than reflection. It becomes a way of living. You begin to move with greater peace. You begin to recognize clarity more quickly. You begin to trust your discernment and act with quiet confidence. And slowly, often without realizing it at first, your life begins to reflect the person you are becoming.

For those who hold a faith perspective, these words are also an invitation to walk more closely with God. To slow down enough to listen and hear His voice over the noise of the world, to trust His timing, and to move forward in obedience even when the path is not fully clear.

*That is the work of a Higher Calling.
You do not need the whole plan.
You only need the willingness to take the next right step.*

-Caitlin

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Origin:
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Life Alignment Wheel

This tool helps us step back and take a clear, honest look at the different areas that make up your life, without judgment, pressure, or the need to fix anything right away. Some areas may feel supported, steady, and naturally life-giving. Others may feel strained, overlooked, or quietly asking for care. This exercise simply helps us notice where energy is flowing and where nourishment may be needed.

As you move through each section, place a dot along the line that best reflects your current level of alignment and nourishment.

- A dot closer to the center reflects less alignment or support, an area that may feel depleted, disconnected, or in need of care.
- A dot closer to the outer edge reflects greater stability, ease, or a sense of thriving.

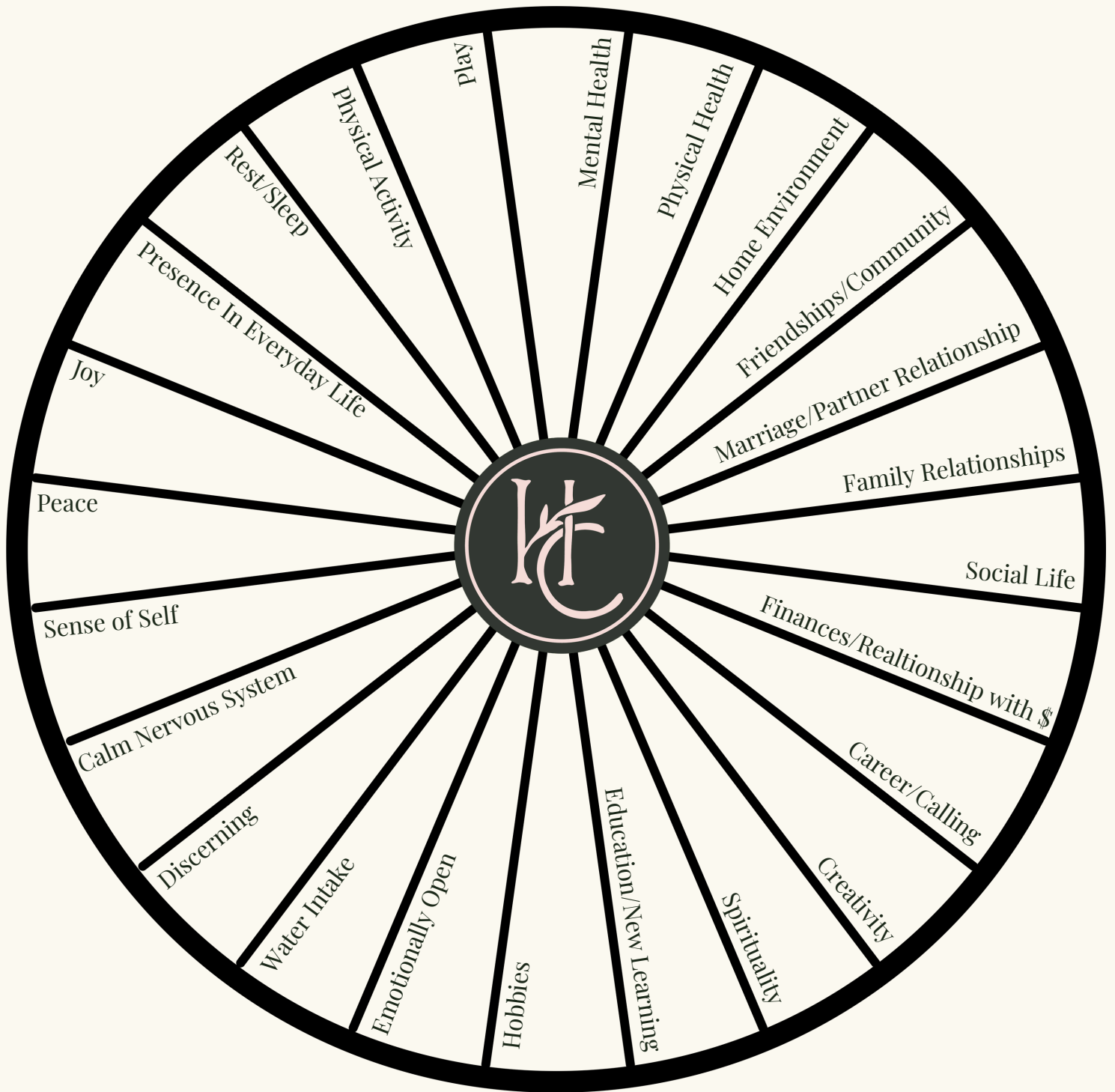
Once you've placed a dot in each section, connect the dots to form your wheel.

Take a moment to observe:

- Where does your wheel feel steady or well-supported?
- Where does it feel thin, uneven, or under-nourished?
- What might be asking for attention, rest, or gentle re-alignment?

There's no "ideal" shape here. This wheel is simply a starting point. A way to listen more closely to what your life is already telling you.

Awareness always comes before change.



Notes/thoughts that came up during this exercise:



Wise Counsel Prompts

My mom has always said, “Seek wise counsel” and over time, I’ve learned that the most important counsel often begins within. Before we ask others what to do, we are invited to slow down, quiet the noise, and listen to our inner knowing, to the peace (or lack of it) in our spirit, and for those who believe, to the guidance of God. These reflection prompts are designed to help you do just that. They are intentionally ordered to follow the natural path of discernment: First, you create space and learn to listen. Then you tell the truth about what you’re sensing. From there, you explore courage, obedience, and trust. And finally, you consider what support you need and who you are becoming. They are not meant to be rushed. Let one question sit with you. Journal. Pray. Reflect. Wise counsel often comes quietly, when we give it space.

Listening & Stillness

1. What do I already know is being asked of me right now?
2. What truth keeps returning, even when I try to ignore it?
3. Where do I need more quiet before I make a decision?
4. What feels loud around me right now that needs to be silenced?
5. When I sit in stillness, what rises to the surface?

Discernment & Honesty

1. What choice am I avoiding because it may hurt someone?
2. Where am I confusing fear with wisdom?
3. What decision am I avoiding because it might change things?
4. What am I holding onto that no longer feels honest?
5. What part of my life feels out of alignment, even if it looks good on the outside?

Obedience & Courage

1. Where am I waiting for more confirmation instead of acting?
2. What step feels right but also uncomfortable?
3. What would obedience look like in this season?
4. Where am I choosing comfort over growth?
5. If I trusted what I've been shown, what would I do next?

God & Spiritual Trust

1. What have I been asking God/the Universe to show me that may have already been revealed?
2. Where am I trying to control instead of trusting His timing?
3. What situation do I need to surrender in prayer/reflection?
4. What would it look like to follow peace instead of pressure?
5. Where am I being invited to trust instead of understand?

Release & Boundaries

1. What expectations am I carrying that are not mine?
2. What responsibility, role, or identity may be ready to be released?
3. Where am I overextending to keep others comfortable?
4. What am I afraid might happen if I let go?
5. What is draining my energy that I haven't acknowledged?

Support & Wise Counsel

1. Who in my life is safe enough to hear the truth of what I'm navigating?
2. What conversation might bring clarity if I allowed myself to be honest?
3. Where am I isolating when I actually need support?

Becoming & Forward Movement

1. Who am I becoming in this season?
2. What small step would move me toward the life I know I'm being called into?

Hi, I'm Caitlin, founder of Higher Calling Coaching & Consulting, and I'm so grateful you're here.

For more than fifteen years, I built a career in the music industry working at the highest level of artist management, guiding artists and leaders through pivotal, high-stakes moments while living a life that looked successful, meaningful, and hard-won on paper. I loved the work and the people deeply. And yet, beneath the pace and achievement, I began to sense something shifting. I could hear a quiet voice telling me that I was not fully living in alignment and that I was being invited to go deeper. Before long, that quiet nudge became impossible to ignore. The whisper became loud. Then God stepped in. What followed was a holy reckoning, not gentle, but clear and unmistakable. **In less than one hundred days, I walked through a profound season of surrender and realignment:**

I parted ways with my largest client, released my marriage, sold my house, grieved deeper personal loss, stepped away from my sixteen-year career, and relocated to a different state to rebuild my life from the ground up. Most people experience one major transition at a time. I experienced them all at once, and with an unexplainable peace that did not come from certainty, but from trusting God's direction. For the first time in my life, I had space to be still, to listen, and to discern what was truly being asked of me. In that space, I realized something quietly profound: the steadiness, discernment, and care I had spent years offering others had been preparing me for this calling all along. But it did not start there. I have been fascinated with the internal wiring of humans since a very young age and have always sought to add more tools to better understand our existence. In addition to managing humans for nearly two decades, I have pursued deeper training in human behavior and healing, becoming a Certified Health Coach, Life Coach, and Grief Coach, with continuing education in Marriage and Family Therapy, clinical psychology, and trauma-informed care. My work now is to create the kind of space I once needed: a place where people navigating pressure, leadership, loss, reinvention, or a season of transition can slow down, hear clearly, realign with what is true, and take the next right step toward the life they are being called to live. I would love the opportunity to connect with you, learn more about your season, and explore how I might support you in what comes next. *-Caitlin*



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More About Higher Calling Coaching & Consulting

HCC&C was born from a very simple desire: to walk alongside people who feel a stirring they can't ignore, and who need experienced, grounded guidance to help them take the next right step. I support humans in transition and those standing on the edge of one. Personal, professional, spiritual, relational seasons where life is shifting beneath you, clarity feels just out of reach, and the next chapter hasn't fully revealed itself yet. These moments are tender and consequential, and they deserve wise counsel rather than pressure or performance. This work exists to help you realign, shed what no longer serves, and step more fully toward your higher calling, with clarity, honesty, and care. Not by forcing answers, but by listening deeply and moving forward with intention. You don't need certainty to begin. You need the next right step, and steady guidance as you take it.