

The 7 C's of *Calling & Change*

Aligned with Your DISC Style



WHEN YOU FEEL STUCK

Feeling stuck is often a sign that you have **lost alignment** — not that you have lost your way. Return to clarity, courage, and intentional leadership, and move from stagnation toward meaningful growth.

The 7 C Flow

A pathway for discerning your next faithful step

1

Calling

Who am I becoming?

2

Clarity

What must change?

3

Conviction

What do I believe?

4

Courage

What step am I avoiding?

5

Commitment

What will I not quit on?

6

Consistency

What will I do daily?

7

Celebration

What can I honor?



COACHING REFLECTION

Name the place where you feel stuck — then ask which C needs to be activated next.

How You Get Stuck *Depends on Your Style*

Use your DISC pattern as a doorway into awareness, action, and growth.



Driven

DOMINANT STYLE

WHEN STUCK

- Impatient
- Controlling

ACTIVATE

- Clarity, Courage, Consistency

Control → Leadership



Inspiring

INFLUENCING STYLE

WHEN STUCK

- Scattered
- Overcommitted

ACTIVATE

- Clarity, Commitment, Consistency

Excitement → Execution



Supportive

STEADY STYLE

WHEN STUCK

- Avoids change
- Stays comfortable

ACTIVATE

- Courage, Conviction, Commitment

Comfort → Growth



Careful

CONSCIENTIOUS STYLE

WHEN STUCK

- Overthinking
- Perfectionism

ACTIVATE

- Clarity, Courage, Consistency

Perfection → Progress

When you feel stuck, return to the 7 C's — and discover your DISC style to align your next step.

Ready to find your next faithful step?

Book a coaching session to discover your DISC style and align your path forward.

BOOK A SESSION