

# CLERGY WELLNESS CHECK-IN

Because your calling shouldn't come at the cost of your well-being.

## INSTRUCTIONS:

Use this check-in as a monthly or quarterly reflection to assess your wellness across five dimensions: spiritual, emotional, mental, physical, and relational. Take time to notice where you're aligned—and where you're running on empty.

## Quick Self-Assessment

Ministry doesn't come with a dashboard—but you still need a way to monitor your well-being. This self-assessment gives you a quick snapshot of how you're really doing across five key areas: spiritual, emotional, mental, physical, and relational.

Rate each area on a scale from 1 to 5 by circling the appropriate number for each area:

**1 = Depleted** | **3 = Functioning** | **5 = Thriving**

Use the questions below to guide your reflection in each category. Be honest—this isn't for judgment. It's for clarity and care.

|            |                                                                         |                                                                                                                         |
|------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Spiritual  | <div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> | How connected do I feel to God or my calling right now?<br>Have I been feeding my soul or just giving from it?          |
| Emotional  | <div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> | What emotions have been most present lately? Am I expressing them in healthy ways—or stuffing them down?                |
| Mental     | <div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> | How focused, clear, or hopeful have my thoughts been?<br>Am I taking space to process—or running on autopilot?          |
| Physical   | <div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> | Am I getting the rest, nutrition, and movement I need?<br>What is my body trying to tell me that I haven't listened to? |
| Relational | <div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div></div> | Am I connecting with regularly—and is that connection life-giving? Am I isolating more than usual?                      |

Choose one area to nurture this week. What's one small shift you can make to care for that part of yourself?



**REFLECTION PROMPTS:**

What has felt heavy in ministry lately?

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Where have I sensed joy, peace, or divine encouragement?

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Am I aligned with my values—or just reacting to needs?

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What boundary am I struggling to maintain?

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Who is regularly pouring into me? (And is it enough?)

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**AFFIRMATION:**

I am called—but I am also human. My wellness is sacred, too.

