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.

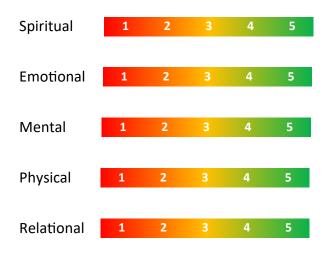
Quick Self-Assessment

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.



How connected do I feel to God or my calling right now?
Have I been feeding my soul or just giving from it?
What emotions have been most present lately? Am I expressing them in healthy ways—or stuffing them down?
How focused, clear, or hopeful have my thoughts been?
Am I taking space to process—or running on autopilot?
Am I getting the rest, nutrition, and movement I need?
What is my body trying to tell me that I haven't listened to?
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?
Where have I sensed joy, peace, or divine encouragement?
Am I aligned with my values—or just reacting to needs?
What boundary am I struggling to maintain?
Who is regularly pouring into me? (And is it enough?)
AFFIRMATION:
I am called—but I am also human. My wellness is sacred, too.