

WHO SHEPHERDS THE SHEPHERD?

A self-care guide for those who lead, love, and carry much.

INSTRUCTIONS:

As a pastor, you're often the one checking on everyone else. This worksheet invites you to check in with yourself—to intentionally design a rhythm of care that honors your body, soul, and calling. It's not self-indulgence. It's spiritual responsibility.

Step 1: Self-Awareness Inventory

Fill in honestly—this is for your eyes and your wholeness.

Spiritual Wellness: What I Need More Of	Spiritual Wellness: What I Need Less Of
<i>How am I nurturing my soul beyond sermon prep?</i>	<i>What drains me spiritually or feels performative?</i>
Emotional Wellness: What I Need More Of	Emotional Wellness: What I Need Less Of
<i>What helps me process emotions without judgment?</i>	<i>What emotional burdens am I carrying that aren't mine?</i>
Mental Wellness: What I Need More Of	Mental Wellness: What I Need Less Of
<i>Where do I need clarity, focus, or quiet?</i>	<i>What thoughts are cluttering my mind?</i>



Physical Wellness: What I Need More Of	Physical Wellness: What I Need Less Of
<i>What does my body need right now? (rest, water, movement)</i>	<i>What am I pushing through at the expense of health?</i>
Relational Wellness: What I Need More Of	Relational Wellness: What I Need Less Of
<i>Who makes me feel seen, safe, and restored?</i>	<i>Where am I overextending, people-pleasing, or feeling used?</i>

Step 2: Personal Self-Care Menu

Choose or write at least one strategy for each category below—small, repeatable things that help bring you back to center.

When I'm feeling spiritually dry, I will:

When I feel emotionally overwhelmed, I will:

When I can't focus or feel mentally drained, I will:



When my body is fatigued or tense, I will:

When I feel lonely or disconnected, I will:

Step 3: My Weekly Rhythm of Care

You don’t have to do everything every day—but you do need to do something consistently. Think about small, life-giving practices that fit your current season. These don’t need to be elaborate—just intentional. Use the chart below to plan one soul-supportive action per day.

- Examples:
- “20 minutes of solitude”
 - “Call a friend after Bible study”
 - “Take a walk with no phone”

Day	Small Act of Soul Care
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Step 4: Sacred Check-In

Take a quiet moment to reflect with honesty and grace.

What areas of ministry feel healthy and life-giving right now? *(Where do I feel most aligned in my work?)*

Where am I feeling stretched, weary, or disconnected as I lead? *(Is there a responsibility hat’s draining me?)*

What do I need to receive from God or others this week? *(Support, clarity, compassion, encouragement...)*

Affirmations for the Shepherd’s Soul

Choose one to carry with you each day this week—or write your own below.

- I am not just called to give—I am called to grow.
- My worth is not measured by how much I do, but by who I am in Christ.
- God is not glorified by my exhaustion.
- It is holy to rest. It is faithful to pause.
- Receiving care is not weakness—it is wisdom.

This week, I will return to this affirmation daily:

