

January 25, 2022



Dear Brothers and Sisters,

The 360 Wellness Workgroup has put this second Wellness Assessment together for the purpose of supporting our individual and collective vitality in the ministry. Our adversary, Satan, seeks to be against us and the Lord's work, and we don't want to be ignorant of his devices (2 Corinthians 2:11). While this assessment is not intended to be comprehensive, it will give you an opportunity to reflect on a variety of areas of your life. Doing so can allow us to take steps to be proactive, where possible, and to address needs as they arise.... and they will arise!

This assessment will provide a snapshot of three main areas.

- A. **Personal Stewardship:** Stewarding the physical, emotional, relational, and spiritual aspects of one's life as a foundational part of being in ministry.
- B. **Marriage and Family:** Stewarding one's marriage and family relationships in a way that prioritizes those connections and adequately meets needs.
- C. **Leadership Responsibility:** Stewarding one's leadership and administrative roles through communication, delegation, dealing with conflict, managing change, emotional and cultural intelligence.

This assessment can be used:

1. For your personal reflection with the Lord.
2. To promote discussion and understanding between you and your spouse.
3. To facilitate discussion between you and a mentor/accountability partner.
4. To review how you are doing periodically through the year.

Based on how you are doing in each area:

- You may want to consider what next steps you can take to improve, strengthen, or maintain an area.
- You may also want to consider how Satan may try to subtly or overtly try to take advantage of an area.

As you go through this assessment, please remember that everyone's life, marriage, and church go through times of joy and challenge. Growth is about progress, not perfection.

You should feel free to pass this assessment along to the ministers and their wives in the churches you oversee.

Respectfully,

360 Wellness Workgroup

WELLNESS ASSESSMENT – 2022

Directions: Read the following questions and make a rating along each continuum for how you feel at this present time. Answer each item from your own perspective, unless otherwise noted. After completing the assessment for yourself, you can use the results for personal reflection or for discussion with a spouse or mentor.

A. PERSONAL STEWARDSHIP

1. How am I viewing my current roles and responsibilities in my life?

I am taking on too much responsibility and ownership. -----|-----|-----|----- I am not taking-on full responsibly for my roles and stewardship.
Balanced Stewardship

2. How am I handling frustration and anger (whether expressed, suppressed, etc.)?

I acknowledge my anger when it comes and deal with it well. -----|-----|-----|----- Anger has an unhealthy role in my life and emotions.

3. How am doing with issues in my life (e.g., worry, discontent, bitterness, etc.) as they arise?

I am actively/regularly addressing these and similar issues. -----|-----|-----|----- I am avoiding, neglecting, or harboring these or similar issues.

4. How am I doing at periodically disconnecting from technology?

I regularly disconnect from 'tech' to quiet and focus myself. -----|-----|-----|----- I'm always connected, reachable, and often distracted.

5. How much is my self-worth and identity connected with the church?

While I care deeply, my self-worth/identity are not entirely dependent on situations in the church. -----|-----|-----|----- My self-worth/identity 'rise and fall' based on how I perceive things to be going with the church.

B. MARRIAGE AND FAMILY

1. How do you and your spouse do in expressing care and affection to each other?

We regularly express care/affection in ways that are appreciated by each other. -----|-----|-----|----- Expressions of care/affection are rare, mismatched, or leave an emotional gap.

2. When stress is high, how do my spouse and I do at helping each other get resettled?

We are in-tune with each other's stress loads and know how to effectively support each other. -----|-----|-----|----- Stress repeatedly overwhelms one or both of us and leads to emotional overwhelm or shutdown.

3. How are we doing at tending some secure relationships with other couples?

We intentionally connect with some couples where we can simply be ourselves.

While we know many people, we don't have other couples with whom we can be ourselves.

4. How is busyness impacting our connection with our children and/or grandchildren?

In spite of busy lives, we intentionally find ways to communicate and keep up relationships.

Busy lives have led to increasing distance, little communication, and weakened relationships.

5. How much is the added responsibility of church leadership contributing to financial stress?

We have a working plan for finances and addressing the impacts of time/expenses of ministry.

We feel the pressure of our personal finances building up on us due to time/expenses of ministry.

C. LEADERSHIP RESPONSIBILITY

1. How am I doing at helping the church family navigate changes and transitions?

I intentionally communicate, listen, teach, and guide through the uncertainty.

The discomfort of the uncertainty leads to unhealthy conflict or avoidance of others.

2. How am I doing at connecting with those in the church family who do not think like me?

While challenging, I seek to hear people out and let them know that I care about them.

The differences and uneasiness around some people leads me to avoid them and tune them out.

3. How well am I doing with boundaries with individuals who are leaning heavily on me for support or those who may be emotionally needy or dependent on me?

While I care for them, I resist feeling I'm the only one who can help. I set limits to avoid them viewing me as their 'savior.'

If someone has needs I feel like I must meet those needs. I feel guilty if I say 'no,' so I rarely do; even if I probably should.

4. As a minister team, how are we communicating about the life stages and transitions we are facing now and will in upcoming years (e.g., succession planning, mentoring, role changes).

We talk about these matters at regular intervals as well as pray and plan together.

We don't/rarely talk about such topics. They seem like touchy, taboo, or territorial issues.

5. How am I doing at working with my co-laborers toward safe, open dialogue about things we don't necessarily agree on or that are difficult for our local church family to navigate.

I listen well & share openly & make it safe for others to do the same.

I tend to be passive or avoidant or I tend to come off with strong emotions.