

February 13, 2023



Dear Brothers and Sisters,

The 360 Wellness Workgroup has put an additional Wellness Assessment together for the purpose of supporting our individual and collective vitality in the ministry. This is integrally tied to the third strategic agenda item of supporting effective and healthy leadership.

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!

Past assessments have sought to provide a snapshot of how we are doing in three main areas of our lives:

- 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 focuses in on four categories that are part of the **Personal Stewardship** area of our life.

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

This assessment is designed to focus on 4 areas of your **personal stewardship**. In different seasons of life, we find our spiritual, emotional, relational, and physical health can experience challenges. These questions may help you reflect on your overall health. The intent is not to surface feelings of failure or guilt, but to encourage us all to strive for better wellness. Below each question is a continuum (in Italics) to assist you in reflecting on your health journey.

### Spiritual Health

1. How often, and with what, do I feed my spirit? Does Jesus and his Word get my undivided attention somewhere every day?

*I don't have time every day. [-----|-----] I read several times a day and meditate.*

2. How is my prayer life? How am I doing at connecting with God throughout the day? What is my practice of prayer at the beginning and ending of every day?

*I pray usually once a day. [-----|-----] I am prayerful many times throughout the day.*

3. How do I feel about going to church? What is my level of spiritual hunger when I am attending church? Do church duties help or hinder my ability to worship and be spiritually fed?

*I feel tired before church starts. [-----|-----] I eagerly anticipate being in church.*

4. To what degree do I feel distant from God? (There are many reasons we may feel distant, including being drained, physically ill, extremely busy, family crises, etc.)

*I know I am in a distant place. [-----|-----] I feel He is my best friend and am thankful.*

### Emotional Health

1. How am I doing at turning difficult situations over to God and trusting Him through the process and with the outcome?

*I analyze issues constantly. [-----|-----] I have hope and can trust Him in this situation.*

2. I experience discouragement, fatigue, and/or despair with problems in my home congregation/or the national church.

*I experience these symptoms [-----|-----] I experience these symptoms several times a week. several times a year.*

3. I feel intimidated and/or overwhelmed in my leadership role in my church.

*I feel these every day. [-----|-----] I feel these a few times a year.*

4. How do you rate your general outlook on life?

*I tend towards being negative. [-----|-----] I see life with a positive lens.*

### Relational Health

1. How frequently do I show outbursts of frustration or annoyance with those that I love most? Am I holding onto my frustrations and "stuffing" them in an unhealthy way?

*I lose my temper and am often [-----|-----] I handle frustrations well and irritated/annoyed. respond in a healthy way.*

2. Would my spouse concur that I am dealing with the stresses in my life in healthy ways or would they have suggestions for me?

*My spouse is frequently telling me to change. [-----|-----] My spouse and I openly discuss stress and make needed changes.*

3. Would my children say my interactions with them exhibit love and respect most of the time?

*My children find me distracted and/or irritable. [-----|-----] My family time is healthy and connected.*

4. Do I have a confidante/friend/family member that I can share openly with anytime?

*I do not have anyone to confide in. [-----|-----] I have frequent listeners to share with.*

**Physical Health**

1. Is there anything in my physical health that is making it difficult for me to serve in leadership?

*My health is unstable and uncertain. [-----|-----] My health is very good.*

2. How am I managing my health (B/P, weight, exercise, diet), scheduling doctor appointments, and following healthcare provider recommendations?

*I ignore most things. [-----|-----] I am proactive about my health needs.*

3. Does my daily routine include some form of physical exercise such as walking, stretching, biking, etc.?

*I am too busy to think about exercise. [-----|-----] I have built in daily physical routines.*

4. How does my general level of stress show up in my physical health? (e.g., nail biting, picking, insomnia, tension headaches, gastrointestinal issues, etc.)

*I have many of the above symptoms, but no skills or plan to address them. [-----|-----] When I have physical stressors, I use skills or seek help.*

**Conclusion and Encouragement**

In review, pick out something you already knew and were reminded of with which you could focus on to improve your health in the coming year. This could be something you already do well, that you could do even better, or something you find challenging.

What is a short-term goal of some NEW small change you could implement which, over time, could really make a positive change in your health? \_\_\_\_\_

Add one long-term goal you would like to strive for in the coming year: \_\_\_\_\_