

12 'critical' Self-Care Strategies

Here are twelve vital strategies for staying healthy and effective in ministry. These action the 5 Habits of Effectiveness statistically associated with Christian leaders finishing well.

Reflect on each of these strategies and score yourself 1-10 based on how well you have actually addressed this area in the last 12 months. *Select two high priority items, reflect on practical strategies which would work for you and share these with a partner. Diarise the strategies and share the dates for action with your partner.*

SCORE

Effectiveness Habit 1 – Learning posture			
1	Personal vision	Healthy Christian leaders know that they must reinvent themselves regularly throughout their ministry life, learning through informal, non-formal and formal training opportunities to become the person God has called them to be in each life season. Do I have a sense of God's challenge to become all I could be with a training plan for maturing as an effective disciple of Jesus?	
Effectiveness Habit 2 – Leadership development and mentoring			
2	Development & support system	Cultivating developmental, supportive and accountable relationships with: a soul mate (spouse); peers (insiders and outsiders); a mentor, supervisor or spiritual director; and mentorees.	
3	Relationship clarity	Many issues in ministry develop from poor leadership leading to a lack of clear communication and from poor conflict resolution skills. Do I and others around me know my strengths and weaknesses in leadership, communication, conflict and stress management? Are these 'up front' and owned in my team environment? Am I continually developing skills in these areas?	
Effectiveness Habit 3 – Dynamic Ministry Philosophy			
4	Evolving self-understanding	Ministry is complex and people are very different. In order to thrive in a complex environment we need intrapersonal intelligence: attending to our own evolving skills, personality and operating style. This helps to explain ourselves to others and manage dissonance. Do I schedule regular times to reflect on my own growing convictions and values and their fit with my current ministry environment? Do I understand how my ministry philosophy evolves as a result?	
5	Priority management	Planning and managing priorities is a constant challenge for people in ministry – there is always more to be done than resources permit. Do I reflect regularly on my personal vision and personal ministry philosophy to align time, energy, money and resources to the right activities at the right time?	
Effectiveness Habit 4 – Repeated times of renewal – holistic intimacy with God			
6	Spiritual Disciplines.	Practicing the spiritual disciplines that keep me spiritually fresh and alive. (These are often personality based). Ensuring there is a supply store of spiritual and emotional fuel for times of unexpected call on reserves.	
7	Sabbath Rhythms – Time out	Taking regular time out for rest, renewal and celebration. Practicing daily, weekly, monthly, seasonal, annual and life phase 'sabbath' rhythms.	
8	Psychological health	Having a periodic counselling tune up. Ministry exposes us to a surprising range of situations, crises and emotional pressures. Can I let go of emotional baggage from interactions with others? A psychological tune up with a counsellor or supervisor can save a leader from burnout. Would I benefit from one at this point?	

9	Detachment	My ministry does not define me or my identity as a child of God. Disengaging from ministry, work activities and responsibilities is critical. Do I get out of role, out of town, out of ministry, from time to time? This is vitally important for a sense of personhood and for engaging with important people in our lives apart from our ministry roles.	
10	Physical health	Working on good physical health. Am I getting enough and the right kinds of sleep, nutrition, exercise and recreation?	
11	Laughter and fun	All of us need to release energy through laughter and fun. How much fun do I have?	
Effectiveness Habit 5 – Lifetime perspective			
12	Monitor ambition	We each travel through important phases of spiritual development, marriage and family life, and leadership formation. Phase shifts create significant change and pressure on families, health, and lifestyle. Am I consciously monitoring my own ambition and the impact it has on those around me?	

Two key areas I need to work on:

	Area	SMART Goal + Action Required	Date Done
A			
B			