

**The Healthy Minister**

		Yes	No	Action Plan
Spiritual	Do I have a daily quiet time?			
	Do I pray regularly?			
	Do I need to fast?			
	Am I resting enough in the Lord?			
	Am I able to Worship?			
Physical	My last medical physical was?			
	My last dental visit was?			
	Am I eating healthy?			
	Do I move enough to count as exercise?			
	My last vacation was?			
	Is my work balanced with rest/fun?			
	Would a Sabbatical be a good idea in the near future?			
Social	My last "date night" with my spouse was			
	Is my relationship with my spouse healthy?			
	Are my work boundaries respected?			
	Do I have positive and trusting relationships besides my spouse?			
Uniqueness	Am I open about my strengths and weaknesses?			
	Do I accept feedback as constructive or as an attack?			
	Do I express my thoughts and emotions effectively and appropriately?			
	Do I handle stress or conflicts well?			
	Is my focus on my ministry or my relationship with God?			
Vocation	Do I have a job description that is an accurate reflection of reality?			
	Do I have a good grasp of the culture I serve?			
	Does the Session understand and accept my leadership style?			
	Can I have honest and caring conversations with my Session members?			
	Do I manage my time well?			
	How do I avoid being overextended?			
	Have I connected enough with my Presbytery for spiritual support, encouragement, and oversight?			
Am I living within my means?				

The Healthy Minister (Session support)				
		Yes	No	Action Plan
Spiritual	Do we provide time and resources to encourage interdisciplinary learning?			
	Do we allow and support healing during tough times?			
Physical	Do we provide time and financial resources for physical care and healing?			
	Do we encourage consistent time for rest and recreation?			
	Are we willing to allow a Sabbatical? Does s/he know that?			
Social	Do we put undo pressure on the minister's family?			
	Do we honor "family time" boundaries outside of emergency situations?			
	Do we encourage time for social networking or a peer support group?			
Uniqueness	Do we fully understand his/her strengths and support the weaknesses?			
	Do we frame any feedback to avoid undue stress or him/her feeling attacked?			
	Do we listen to fully understand concerns or listen to respond?			
	Do we encourage him/her in their relationship with God?			
Vocation	Does our minister have a clear job description?			
	Does the job description accurately reflect what s/he is actually doing?			
	Do we communicate effectively?			
	Do we use Matthew 18:15-17 properly when addressing conflict?			
	Are we partners in ministry with our minister?			
	Do we provide adequate time and financial resources to encourage him/her to participate with Presbytery and the Denomination?			
	Do we support him/her with an adequate salary that truly reflects community norms?			