

Clergy Self-Care Checkup (Full Worksheet)

Ministry is holy work and it is also human work. This brief checkup is designed to help you pause and notice how you are really doing. It is not a diagnosis. It is a starting point for honest reflection, conversation, and next steps. You may choose to complete it privately, share it with a trusted friend, spiritual director, therapist, or coach, or return to it at the start of a new ministry season.

Set aside ten to fifteen minutes in a quiet space if possible. Move slowly. Pray, breathe, or center yourself as you begin. Answer as honestly as you can about the last four to six weeks rather than just the last few days.

Section 1: How am I really doing?

For each statement, circle the response that fits most of the last four to six weeks.

Scale: 1 = Rarely or not at all, 2 = Sometimes, 3 = Often, 4 = Almost always.

Physical well being:

1. I wake rested enough to face the day.
[1] [2] [3] [4]
2. I have enough energy to complete most of what is required of me.
[1] [2] [3] [4]
3. I pay attention to my body signals instead of ignoring them.
[1] [2] [3] [4]
4. I engage in movement or exercise that is sustainable for me.
[1] [2] [3] [4]

Emotional wellbeing:

5. I can name what I am feeling most days.
[1] [2] [3] [4]
6. I experience moments of joy, laughter, or lightness.
[1] [2] [3] [4]
7. I am able to cry, grieve, or release emotion when needed.
[1] [2] [3] [4]
8. I notice when I feel numb, irritable, or checked out and I pay attention to it.
[1] [2] [3] [4]

Spiritual life:

9. I experience a sense of connection with God that is not only tied to my role.

[1] [2] [3] [4]

10. I have spiritual practices that nourish me, not just the ones I lead for others.

[1] [2] [3] [4]

11. I feel permission to bring my questions, anger, or grief to God.

[1] [2] [3] [4]

Relationships and community:

12. I have at least one or two people who truly know what I am carrying.

[1] [2] [3] [4]

13. I feel mostly supported rather than mostly used by the people closest to me.

[1] [2] [3] [4]

14. I have time and energy for relationships that are not connected to my job.

[1] [2] [3] [4]

Quick reflection: Right now, this season of ministry feels like...

Section 2: Warning signs I notice

Check any items that have been true for you most of the last month.

Body and energy:

- ☐ Trouble falling asleep or staying asleep.
- ☐ Sleeping much more than usual and still feeling tired.
- ☐ Significant changes in appetite.
- ☐ Frequent headaches, stomach issues, or body pain.
- ☐ Feeling wired and exhausted at the same time.

Emotions and mood:

- ☐ Feeling irritable or on edge most of the time.
- ☐ Feeling numb, disconnected, or on autopilot.
- ☐ Frequent feelings of sadness, heaviness, or emptiness.
- ☐ Tearful for reasons that surprise me.
- ☐ Feeling hopeless or wondering if anything will change.

Work and ministry:

- ☐ Dreading tasks that used to bring meaning or satisfaction.
- ☐ Difficulty concentrating, deciding, or following through.
- ☐ Overworking to avoid slowing down or feeling.
- ☐ Feeling resentful when people ask for help or time.
- ☐ Fantasizing about quitting or disappearing without telling anyone.

Thoughts and beliefs:

- ☐ I am failing everyone.
- ☐ If I stop, everything will fall apart.
- ☐ I am not allowed to have needs.
- ☐ I should be able to handle this on my own.

Which three warning signs concern you the most right now?

Section 3: My support system

Use these questions as journaling prompts or discussion starters with a trusted person.

1. Who are the people, professionals, or communities where I feel most safe to be honest?

2. Where am I most tempted to hide what I am feeling or carrying?

3. Who checks on me without needing anything from me?

4. Which types of support feel realistic in this season? Check any that apply:

- ☐ A therapist or counselor.
- ☐ A spiritual director or pastor to me.
- ☐ A peer group of clergy or ministry colleagues.
- ☐ A coach or supervisor.
- ☐ A trusted friend or family member.
- ☐ A support group such as grief, caregiver, or trauma.

Section 4: One next step for this month

You do not need a twelve step plan. Choose one or two small, concrete actions that honor the reality of your life.

1. "In the next four weeks, I will give myself permission to..."

2. "One boundary I will try to keep is..."

3. "One person I will reach out to for support is..."

4. "One way I will care for my body is..."

You may want to date this page and revisit it in one to three months to see what has shifted.