

Ministry Pressure & Resilience Reflection Tool

SECTION 1 – WHAT AM I CARRYING?

Right now, I feel pressure from:

- criticism
- conflict
- exhaustion
- fear of disappointing people
- ministry uncertainty
- expectations
- loneliness
- social/media pressure
- leadership fatigue
- feeling misunderstood

SECTION 2 – HOW IS IT AFFECTING ME?

Lately I have noticed:

- emotional exhaustion
- irritability
- avoidance
- numbness
- withdrawal
- cynicism
- fear-based leadership
- anxiety
- overworking
- discouragement

SECTION 3 – WHAT IS KEEPING ME GROUNDED?

Which rhythms are healthy right now?

- prayer
- sabbath
- honest conversations
- counseling/coaching
- boundaries
- rest
- friendship
- exercise
- time with family
- time in scripture

Which rhythms need more attention right now?

SECTION 4 — RECENTER

What truth do I need to remember right now?

What criticism do I need to:

- learn from?
- release?
- forgive?
- ignore?

What would faithful leadership look like in this season?