**NAME**

[Your name here]

**POSITION**

[Title of Position]

**REVIEW PERIOD**

[Month Day Year – Month Day Year]

**OBJECTIVE**

Recognizing that Leading Self is the first passage on any Leadership Pipeline, this guide is designed to help workers develop a prayerful and intentional wellness plan in partnership with the Holy Spirit.

A Wellness Plan is an intentional, conscious plan to keep God at the centre of everything we do within a well-integrated life. It provides guidelines to help us continually remember God as the Source.

**VISION PRAYER**

**"O God, with all our hearts, we long for you. Come (Lord Jesus), transform us to be**

**Christ-centred, Spirit-empowered, Mission-focused people, multiplying disciples everywhere.”**

**The Ancient Treasure of a Wellness Plan**

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Description automatically generated**The Wellness Plan derives from a Rule of Life. “Rule” comes from the Greek for “trellis.” A trellis is a frame that enables a grapevine to grow upward, becoming more fruitful and productive. In the same way, the Wellness Plan is like a trellis that helps us abide in Christ and become more fruitful spiritually.

A Wellness Plan very simply, is an intentional, conscious plan to keep God at the center of everything we do. It provides guidelines to help us continually remember God as the Source. Without intentionality, we eventually become unfocused, distracted, and adrift spiritually.

**PASSAGE ONE:**

**LEADING SELF**

III.Daniel - It is clear he oriented his life around a relationship with God. He renounced certain activities, such as eating the King’s contaminated food (Chapter 1) and engaged in regular times of prayer (Chapter 6). Daniel somehow fed himself spiritually and blossomed into an extraordinary man of God in a hostile environment.

*Note: The above is adapted from Peter Scazzero’s book, Emotionally Healthy Spirituality, Nashville: Integrity Publishers, 2006.*

**The Elements of a Wellness Plan**

*Let’s look at several key elements of wellness in a fully integrated life - Prayer, Rest, Work/Activity, and Relationships.*

*Ask the Holy Spirit to speak to you. Take time to think about each element. Reflect on how this element interacts with other areas of your life. Respond to the prompting questions.*

**A. PRAYER**

**Scripture**

*How am I regularly reflecting upon the Word of God?*

*How am I hiding God’s Word in my heart?*

**Silence & Solitude**

*Are there times in the day when I am “still before the Lord and wait patiently for him?” (Psalm 37:7)*

**Daily Office**

*Are there times in each day when I consciously remind myself of God’s presence and His reality?*

**Study**

*Growing, maturing Christians are always exploring, reading, and learning. Do I take time to read or study for the purpose of formation in Christ?*

**B. REST**

**Sabbath**

*Have you developed a rhythm of setting apart one twenty-four hour period each week to stop, rest, delight, and generally slow down?*

**Simplicity**

*“Live as free of complications as possible [so] you’re free to concentrate on simply pleasing the Master.”*

*(1 Corinthians 7:32 MSG)*

*What does simplicity look like for you? (Schedules, Tithing, Debt-management)*

**Play & Recreation**

*“Life can be difficult, so have fun whenever you can to the glory of God.” (Emotionally Healthy Spirituality by Pete Scazzero, 2006)*

*How do you regularly include an element of fun into your life?*

**C. WORK / ACTIVITY**

**Service & Mission**

*In what way(s) is God inviting me to serve him at this stage of my journey?*

*In what ways can I use my time, talents, resources, and gifts for others?*

*What passions and desires has God placed within me?*

**Care for the Physical Body**

*Caring for the body is as spiritual as prayer or worship.*

*How many times a week will you exercise? What type of exercise will you do?*

*What about your work habits?*

*Are you eating a balanced, healthy, nutritious diet?*

*Do you get adequate rest and sleep?*

*When was the last time you went to the doctor for an annual checkup?*

**D. RELATIONSHIPS**

**Emotional Health**

*Do I have a constructive way of identifying and expressing my feelings? (i.e., journaling, peer support group, network of friends, spiritual director, etc.)*

**Family**

*Reflecting on your personal situation, identify your closest relationship – for some this will be a spouse, for others, it will be a close friend, room mate, parent, sibling or other. What are you doing to invest in your closest relationship?*

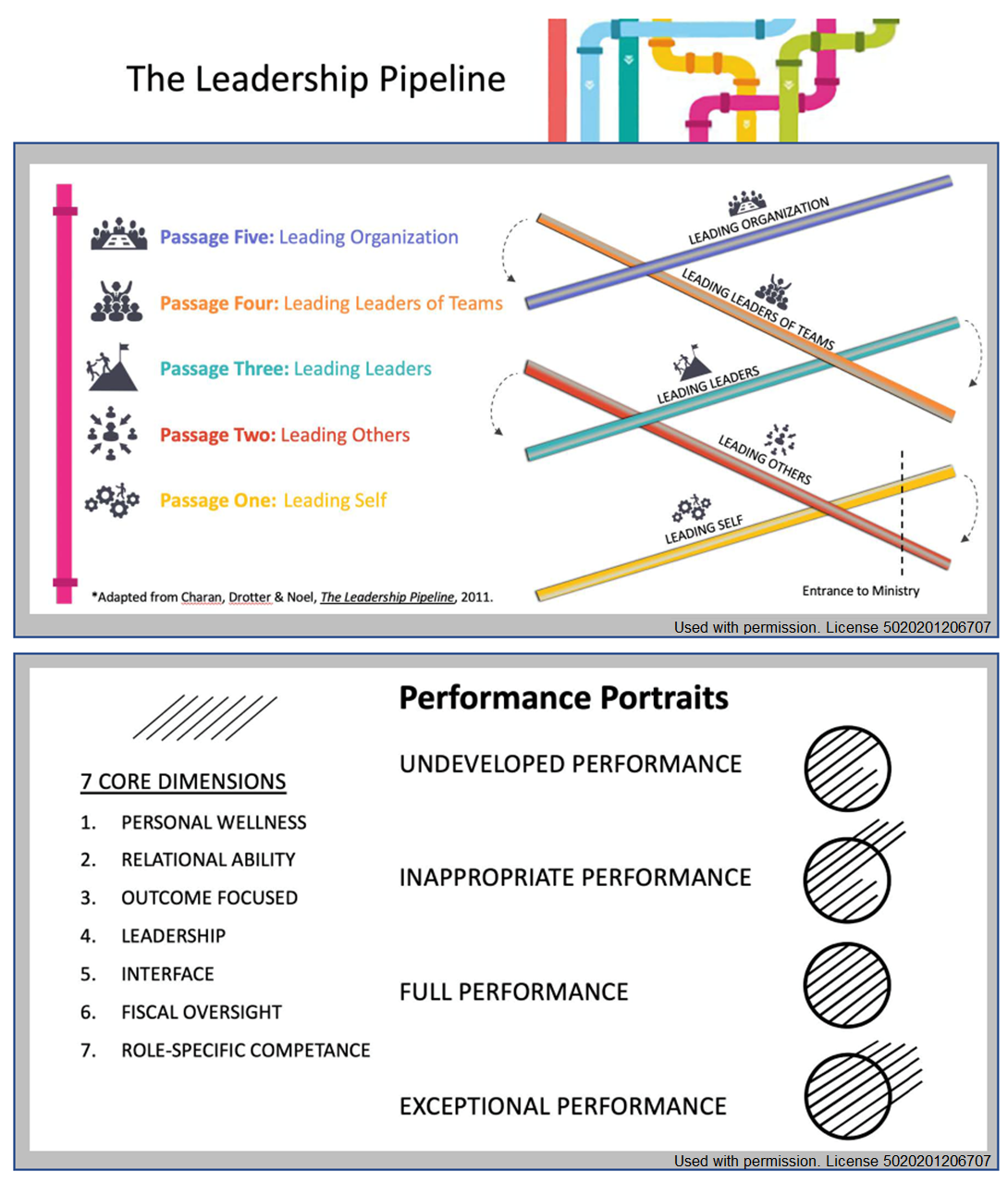
*If you are a parent, how do your children know you really love them?*

**Community**

*Do you have a Christian support network (sisters and brothers in the Family of God) to provide companionship on the journey?*

**SUMMARY**

Review or rethink your Wellness Plan regularly (at least once a year). Begin slowly, working on only one or two elements at a time. Be willing to make mistakes, try again, and learn new things.

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