

## **Sample Wellbeing Plan**

*A "Wellbeing Plan" need not be complex. It is most important to create a plan that you will be able to follow and that will contribute to your wellbeing. Below is a sample "Wellbeing Plan".*

### Pastor Zach's Wellbeing Plan

#### **Professional Helper**

I plan to meet with a therapist for four sessions, once a month, to process the ways the COVID pandemic has impacted me and my emotional/mental health.

-or-

I plan to meet with my spiritual director once a month to help me deepen my intimacy with Christ.

-or-

I will meet with my coach once a month so that I can get clarity for how to lead and care for myself.

#### **Wellbeing practices**

My plan for wellbeing includes "getting back to the basics" like daily Bible reading and prayer. I will get to my study 30 minutes earlier each morning to make sure I have time for it.

I will also create good boundaries for when I answer email and be more intentional about leaving "church stuff" at church so I can be more present at home.

I will also make time on my day off for rest and will use at least one hour on that day for "restful" activities and hobbies: reading, gardening, golfing, baking, etc.

I will share this plan with my council and give them permission to ask me how faithfully I'm sticking to my plan.