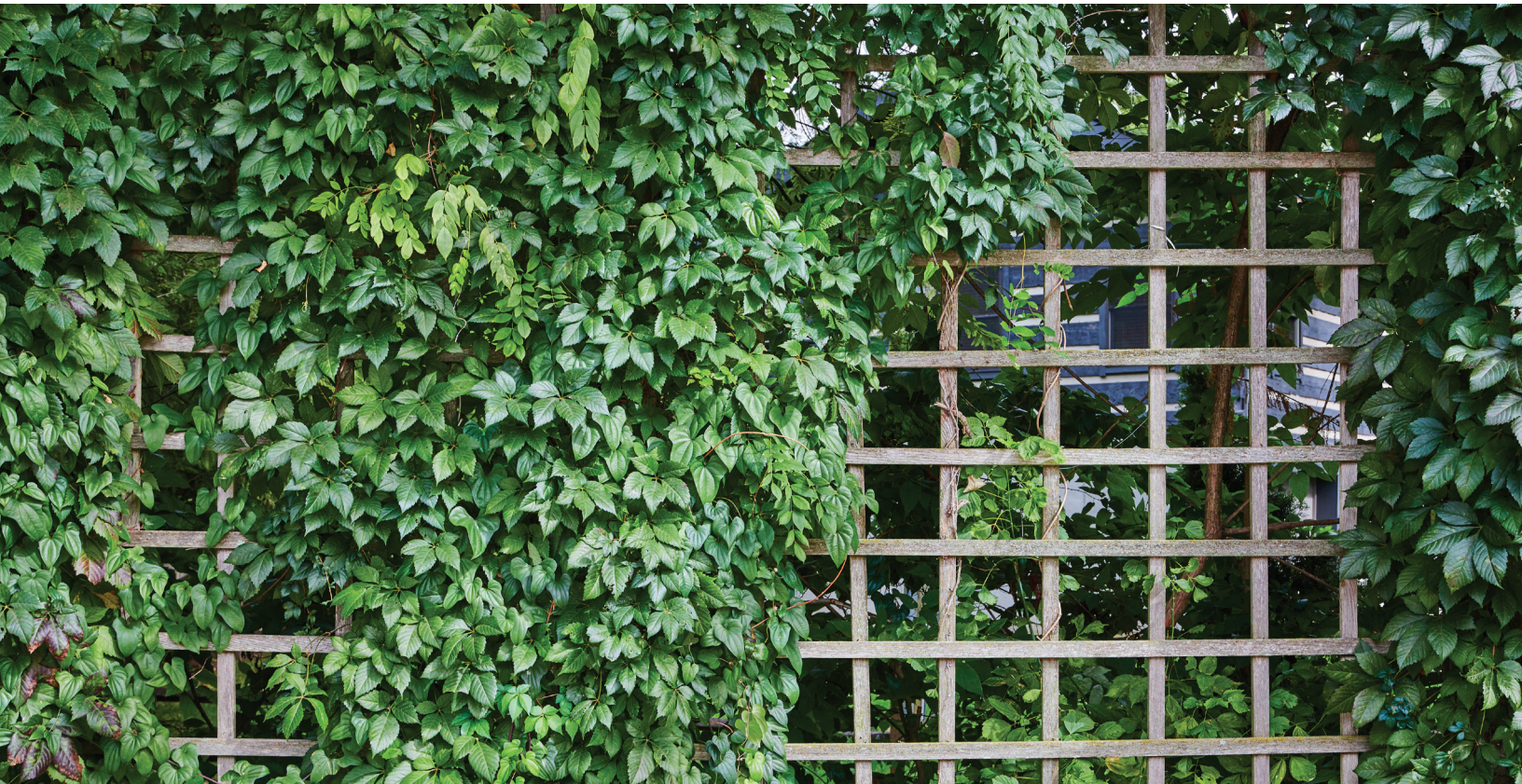


# Creating Your Leader Care Plan

Your Journey to Holistic Health



*“Dear friend, I pray that you may enjoy good health and  
that all may go well with you, even as your soul is getting along well.”*

— 3 John 1:2

# Pursuing Holistic Health

As a leader, your holistic health directly affects the people, communities, and causes you serve. And, by God's design, you inherently influence from your soul. **When your soul is flourishing, that well-being overflows into every other sphere of your life.**

**Soul Care** and **ECFA** are delighted to partner together to provide this tool for leaders as they pursue the principles of holistic health at the heart of **ECFA's "Excellence in Leader Care" accreditation standard**. While not the only way to craft a leader care plan, the exercises in this resource can aid you as you consider steps toward flourishing that are both personal and practical.



At Soul Care, we're all for hard work, pouring into others, and doing epic kingdom things. But what kind of life is sustaining your soul, beneath it all? We trust the exercises in this resource will aid you as you take steps toward flourishing that are both personal and practical.



No matter what triumph looks like for an organization, ECFA is an indispensable leader and partner, helping organizations maintain a healthy and trusted reputation to effectively reach the world for Christ.

*“May they always say, ‘The Lord be exalted,  
who delights in the well-being of his servant.’”*

Psalm 35:27

## Why Leader Care Plans Are Important

Pursuing holistic health requires us to stay deeply connected to God in real time. But that is difficult. It is so easy to become distracted or perhaps even overwhelmed in the day-to-day work of leading a Christ-centered organization. Even if we sense our souls are tired or malnourished, we may not think we have the time or energy to change that.

But the truth is that we make plans for the things that matter to us, and we are unlikely to simply drift into a state of flourishing. God-honoring **discernment**, **prioritization**, and **action** are essential.

## Considerations for a Leader Care Plan

Again, this guide is not meant to suggest a prescriptive process to comply with ECFA's accreditation standard, but the exercises on the following pages might be a help to you as you draft your own personalized leader care plan. Be sure to set aside about 60 minutes to work through this process.

First, you'll be prompted to consider several dimensions of holistic health. Be sure to answer those questions in a journal or in the space provided in this resource. After that, write down an honest acknowledgment of your current reality (far left column), where you desire to be (far right column), and one practical next step (center column) for your plan to make progress in each area.

Finally, the most important part. **Speak with God directly.** Take a look at your answers and ask Him for guidance as you consider your current soul health and what He wants for you. What is the Spirit inviting you into?

Please remember: **God is with you**—right here, right now. **He wants your soul to flourish.** He cares deeply about you and the ministry to which He has called you.

# Creating Your Leader Care Plan

An effective leader care plan should identify substantive, observable, and proactive steps a particular leader can take to rest, recover, and grow. As you prepare to construct your own personalized plan, please take some time to reflect on the questions below and then complete the exercise on the next page.

## Elements of Leader Care



### Spiritual Health

- What is a place of silence and stillness in my life?
- What spiritual practices have I been curious about lately?



### Relational Health

- Which relationships are the most life-giving to me right now?
- Where have relationships cost me in terms of their stress or toxic energy?



### Mental/Physical Health

- What has been occupying my imagination? My worries?
- What concerns have family members or friends raised to me about my mental or physical health?



### Financial Health

- Do I have a firm understanding of what my “enough” is in this season of life?
- What’s my plan if there is a financial shortfall? A windfall?



### Vocational Health

- Is my day-to-day work aligned well with my sense of giftedness/ talent?
- Do I sense an invitation from God for the future? What might my best vocational contribution be in the next season of life?

# Assessing and Planning for Leader Health

## Spiritual Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

## Relational Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

## Mental/Physical Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

## Financial Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

## Vocational Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

# Finalizing Your Plan

Now that you've completed this exercise, take time to prayerfully discern **which potential next steps you will commit to build into your life**. Be realistic and focus on a relatively short-term timeframe.

**For example, in the next three to six months, what two or three actions can you take that would contribute to your overall flourishing?**

Note them here:

**Dimension(s) of flourishing I feel drawn to focus on:**

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**My next steps:**

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## Leader care is ministry care.

This resource will help ministry boards and their executives explore and engage in seven practical essentials for an effective leader care strategy.

For a **FREE** download, go to [ECFA.org/EBooks](https://ecfa.org/EBooks) and use promo code: **LeaderCare**.



The wellbeing of your soul matters.

"If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing" John 15:5, TNIV.



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