

**Personal Growth and Self-Care Plan for Credentialed Ministers Serving Within
Pacific Southwest Mennonite Conference and Mennonite Church USA
2018**

The purpose of this Personal Growth and Self-Care Plan is to provide an opportunity for us as credentialed ministers to plan how we will care for ourselves, for our ongoing personal and spiritual formation, our professional development, and how we will maintain appropriate boundaries.

This year rather than requiring a plan be submitted, we are offering the worksheet for your use if you desire. At some point during the year we hope that you will have a conversation with your Regional Minister or with some of your pastoral peers about how you are attending to self-care and personal growth.

General Guidelines

1. This plan is intended for and designed for your benefit. We hope it will be a resource for you to clarify and work toward your own goals. As each ministering person is a unique person serving in a unique setting, we want you to be creative and include what is already working for you as you design your plan. Keep your plan as a guiding vision for your own growth. We also encourage persons to share this plan with trusted individuals who can provide accountability. Pastor Peer Groups or other groups of colleagues can be possible venues.
2. This material is designed to help you attend to your “being” as a person and your “doing” as a ministering person. We hope that by fulfilling this expectation, you will also contribute to your well-being and overall health and functioning.
3. If you have any questions about this plan or need assistance in designing your plan, contact Clare Ann Ruth-Heffelbower, Executive Conference Minister or your Regional Minister.
4. You may use the attached worksheet in making your plan. You may fill in the form, expanding the worksheet as necessary, or use it as a resource for reflection to develop a more in-depth plan. Feel free to cover additional areas not included on the worksheet. Some have found it helpful to save the plan and add to it each year.
5. If you wish to complete the worksheet and submit it, you may send it to Clare Ann at clareann@pacificsouthwest.org.

**Pacific Southwest Mennonite Conference
Personal Growth and Self-Care Plan Worksheet
2018**

Name:
Address:
Email:
Church or Institution:
Present Ministry Role or Title:
Phone Number:

How will you care for yourself or seek to grow in the following areas?

Area	Goals	Practices
Spiritual health and growth		
Mental and emotional health		
Physical health		
Relationships with family and significant others		
Discernment of calling and practice of ministry		
Development of personal talents and passions		
Involvement in community and world		
Broadening relationships with persons of other racial, ethnic and religious groups		
Stewardship of resources and creation care		
Financial health and planning for retirement		
Maintaining appropriate boundaries in ministry		
Creating structures for support and accountability		

Signature: _____ Date: _____