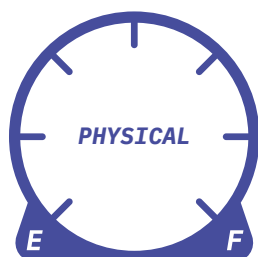


LEADERSHIP HEALTH ASSESSMENT

Place a line on each dial below to show how you perceive your individual health in each area. The questions are provided to help guide your rating.



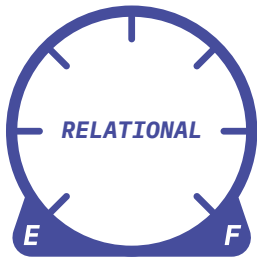
- 1. Energy Levels:** How often do I feel energetic and well-rested throughout the day? Do I experience regular fatigue or burnout?
- 2. Exercise and Nutrition:** Am I consistent with my physical activity and balanced diet? How well am I maintaining a healthy lifestyle?
- 3. Health Maintenance:** How proactive am I in scheduling and attending regular health check-ups and managing any health issues?



- 1. Stress Management:** How effectively do I manage stress and emotional pressure in my daily life? Do I have coping strategies that work for me?
- 2. Emotional Awareness:** Am I aware of my emotional state and how it affects my behaviour and decision-making? Do I regularly reflect on my feelings?
- 3. Support System:** Do I have a network of people I can turn to for emotional support? How often do I seek out this support when needed?



- 1. Relationship with God:** Have I got a good balance between being with God and doing things for God? Are my spiritual practices helping me engage regularly with God?
- 2. Growth and Exploration:** Am I actively exploring and growing in my spiritual life? What steps am I taking to deepen my spiritual understanding and practices?
- 3. Living out God's Call:** How clear am I about God's call on my life and the skills and abilities He has given me? How aligned is my life to the call?



1. **Quality of Relationships:** How would I rate the quality of my relationships with family, friends, and colleagues? Do I feel connected and supported by those around me?
 2. **Communication Skills:** How effective are my communication skills in building and maintaining relationships? Do I practice active listening and empathy?
 3. **Conflict Resolution:** How well do I handle conflicts and disagreements in my relationships? Do I address issues constructively and seek resolution?
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1. **Financial Stability:** How secure do I feel about my current financial situation? Do I have a budget and financial plan in place?
 2. **Stress and Financial Management:** How does my financial situation impact my overall stress levels and well-being? What steps am I taking to manage financial stress?
 3. **Generosity:** Am I living a life of generosity? Am I giving over and above the tithe?
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1. **Job Satisfaction:** How satisfied am I with my current role? Do I feel fulfilled and motivated in my work?
2. **Skills and Development:** Am I actively developing my skills and pursuing growth opportunities? How do I stay current in my ministry?
3. **Work-Life Balance:** How well do I balance my work responsibilities with my personal life? Do I set and keep boundaries to maintain a good balance?