

HOW IS IT WITH YOUR SOUL?

CLERGY SOUL-CARE INVENTORY

Preacher, I See You • A Gathering for the Person Behind the Collar

A moment for you

You spend much of your life caring for others. This is an invitation to notice how you are doing—not as a pastor, preacher, or leader, but as a whole person. Answer honestly, without judging yourself. You may skip any item. Your responses are yours to keep; sharing is optional.

Rate each statement: 1 = Rarely true • 2 = Sometimes true • 3 = Moderately true • 4 = Often true
• 5 = Consistently true

1. SPIRITUAL WELLNESS

I experience a meaningful relationship with God beyond sermon preparation and ministry duties.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. EMOTIONAL WELLNESS

I have space to acknowledge, express, and process my emotions honestly.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. PHYSICAL WELLNESS

I make adequate room for sleep, rest, movement, and care of my body.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. RELATIONAL WELLNESS

I have people who care about me without expecting me to be their pastor.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. MENTAL WELLNESS

I recognize when stress is overwhelming and know where to turn for support.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. BOUNDARIES & SUSTAINABILITY

I can say no, delegate, and step away from ministry responsibilities without excessive guilt.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Pause and notice

Which area received your lowest rating? What might that area be asking of you?

What is one burden you have been carrying that others may not see?

Your personal soul-care reflection

You may add your six ratings for a personal snapshot: _____ / 30. This total is not a clinical score, diagnosis, or measure of your worth or calling. Pay closer attention to individual areas and patterns than to the total.

What is sustaining me in this season?

Where am I depleted, disconnected, or in need of support?

What expectations, habits, or ministry systems may be making it harder to care for my soul?
