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| **NAME** |  | **WELLBEING PLAN YEAR** |
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| **AFFILIATED CHURCH/SERVICE** |  | **MOBILE** |
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| EMAIL |  |  |
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| **FORMATION COMPANION NAME** |  | **FORMATION COMPANION MOBILE** |
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| FORMATION COMPANION EMAIL |  |  |

Ensure you have read the Wellbeing Plan – How to guide before attending to your plan

|  | Spiritual Foundations | | | |
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| Your spiritual foundations remind you of your identity and dependence on God and your place in the world. Active ongoing formation and a deepening relationship with God is a necessary resource upon which Christian leaders draw.  *For example: Spiritual disciplines, retreats, spiritual direction etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **FORMATION GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Shape  Description automatically generated with low confidence | Clarity of Purpose | | | |
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| Your personal sense of purpose, or calling in your vocation is an important foundation, which will act as a reference point, an internal compass to help you stay on course and persevere.  *For example: Creating a personal mission statement, setting personal development goals etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **PURPOSE GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Shape  Description automatically generated with low confidence | Sense of Self | | | |
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| A strong sense of self and of personal autonomy means that while you may care deeply about your vocation, you maintain a sense of identity separate from it. Not becoming dependent on the affirmation of others, or on the authority of your position, is a strength in times of stress.  *For example: What can I do to fill my emotional tank, what would help me understand myself better, How can I be more aware of my needs, etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **SELF AWARENESS GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Shape  Description automatically generated with low confidence | Integration | | | |
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| Having a sense of integration will mean you feel your gifts and passions are a good fit for your vocational role. This may vary from one task to another, but a good amount of overlap means you feel more able to live out your role and be a genuine model to those around you.  *For example: How might I frame my contribution more effectively, How can I better align my gifting and activity etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **INTEGRATION GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Shape  Description automatically generated with low confidence | Supportive relationships | | | |
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| Being able to make and keep friends can be a challenge for some in vocational roles. The support you receive from close friends and family can make a critical difference in how well you face demanding times in your vocation.  *For example: How am I valuing my relationship with my spouse, Do I need to connect more with the family, Do I have relationships outside of family etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **RELATIONSHIP GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Shape  Description automatically generated with low confidence | Balance and boundaries | | | |
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| Constant and unbroken engagement in ministry can stop your energy levels returning to a natural and healthy equilibrium. If you are able to 'unplug', relax and put time aside for separate activities and priorities, you are likely to improve your sustainability in ministry.  *For example: How am I going with Margin, Can I improve the strength of my boundaries, How do I become better at saying No etc. for more ideas make sure you refer to the* ***Wellbeing Plan – How to guide****.* | | | |
| **RHYTHM GOALS** | | **RECOMMENDED ACTION** | **INDICATORS OF SUCCESS** | **TIMEFRAME** |
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| Please return all completed documents to Church and Community Engagement – Endorsement & Ordination Committee, email directly to [churchsupport@cofcqld.com.au](mailto:churchsupport@cofcqld.com.au) | | |
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| **FORMATION COMPANION SIGNATURE** |  | **DATE (DD/MM/YYYY)** |