

# Wellness Action Plan



## What?

This Wellness Action Plan is a practical and useful resource to help both those leading Youth, and those Discipling Youth Leaders to build a reflective practice.

## Why?

Implementing an Action Plan helps to create a system of holistic support for those in positions of leadership, encouraging healthy rhythms and team dynamics.

## How?

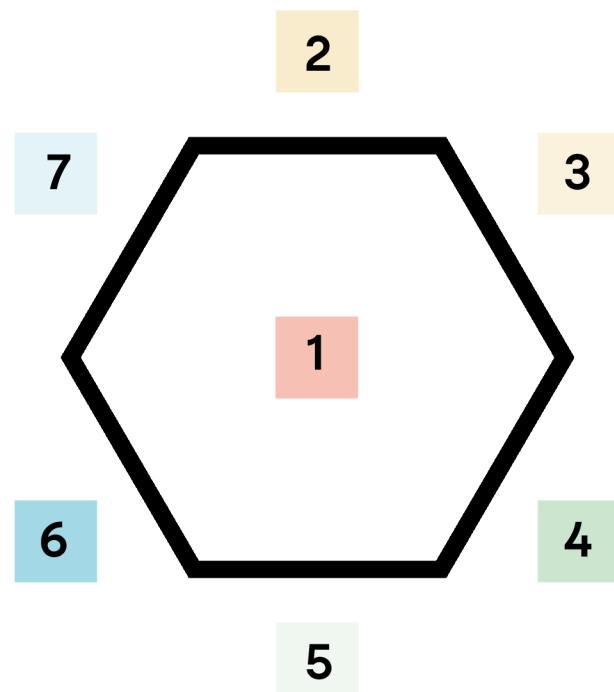
Make your way through this template using each side of the hexagon as a visual aid to help answer the questions and reflect from each section.



# Hexagon Guide

Let the hexagon guide you through each area of the wellness action plan, taking your time to answer each question and self reflect for each different side.

Feel free to refer back to the visual aid as much as needed.



- 1 Christ at the Core
- 2 Spiritual Practices
- 3 Wellbeing and Self Care
- 4 Support and Accountability
- 5 Calling and Growth
- 6 Reset and Refuel
- 7 Thankfulness and Celebration

## Christ at the Core

What is my scripture for this season (my go to verse/what I sense God is saying to me)

A word that sums up my **spiritual fervour/ energy**

How do I feel in my 1. body 2. soul & 3. spirit?

- 1.
- 2.
- 3.

Prayer focus for my life right now

## Spiritual Practices

What are habits that draw me closer to God?

What are habits that I want to build?

## Wellbeing and Self Care

What are the signs I'm running low spiritually, emotionally or physically?

What helps me to restore balance?

What are the sabbath/rest practices I'm committed to?

## Support and Accountability

Who are the people that encourage me in faith and work?

**How can my manager/mentor support me?**

**What is the best way to check in with me?**

## **Calling and Growth**

**How would I describe my journey as a disciple at present?**

**What are the gifts I believe God has given me?**

**What are the skills that I want to develop?**

**What are the new opportunities I'd like to try?**

**Is there anything I sense God is calling me to?**

**What am I believing God for?**

## Reset and Refuel

What regular time have I given to hobbies?

What time have I spent with others outside of my ministry context?

What steps do I take when I feel overwhelmed?

- 1.
- 2.
- 3.

What are my scriptures, songs or prayers that help me rest?

## Thankfulness and Celebration

What is something I'm thankful for since our last check-in?

What is a recent 'win' or answered prayer?

How do I plan to celebrate what God is doing in me?

## Manager/Mentor Notes

Access free  
resources,  
training and  
support

URBAN  
SAINTS

[urbansaints.org](http://urbansaints.org)