



Gateway To Hope

Holistic Self-Care Evaluation

Assess your overall well-being and capacity for serving in this ministry. Conduct routinely to prevent compassion fatigue and ensure you're practicing holistic self-care.

1. Spiritual Health - *Where am I spiritually?*

2. Mental Health - *Where am I mentally?*

3. Relational Health - *What is the status of my current relationships?*

4. Physical Health - *What is the status of my physical health?*

5. *What is my motivation for starting or participating in this ministry?*



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6. *What spiritual gifts, skills, and abilities has God equipped me with for this ministry?*

7. *How will I manage challenges/setbacks in this ministry?*

8. *Who are the members of my support network?*

9. *What self-care strategies do I have in place to reduce the risk of burnout?*



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