

Creating a Leader Care Plan

An effective leader care plan should identify substantive, observable, and proactive steps a particular leader can take to rest, recover, and grow. The questions in this guide can help in the development of such a personalized plan—an essential tool for any organization that wants its leader to live and lead from a position of holistic health.

Elements of Leader Care



Spiritual Health

- What is a place of silence and stillness in my life?
- What spiritual practices have I been curious about lately?



Relational Health

- Which relationships are the most life-giving to me right now?
- Where have relationships cost me in terms of their stress or toxic energy?



Mental/Physical Health

- What has been occupying my imagination? My worries?
- What concerns have family members or friends raised to me about my mental or physical health?



Financial Health

- Do I have a firm understanding of what my “enough” is in this season of life?
- What’s my plan if there is a financial shortfall? A windfall?



Vocational Health

- Is my day-to-day work aligned well with my sense of giftedness/ talent?
- Do I sense an invitation from God for the future? What might my best vocational contribution be in the next season of life?

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Assessing and Planning for Leader Health

Spiritual Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

Relational Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

Mental/Physical Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

Financial Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.

Vocational Health

Step 1 • Reality	Step 3 • Plan	Step 2 • Desire
Write 3-5 words and/or draw an emoji describing your current reality.	Write 1 tangible step to close the gap.	Write 1-2 words and/or draw an emoji you desire to describe this area of soul health.