

Investing time with You+Jesus, Family/Friends & Work: When you get to the end of the week, how do these areas feel?

- Right now, actually good
- The following area(s) could use a check-in:
 - You+Jesus Family/Friends Work
- I just feel like I'm treading water
- Bonus: I think I need time-management skills

When's your next retreat? Do you have a "go-to" place?

- got it on the calendar; date/place is: _____
- working on it; I have a place: _____
- I don't have a place, but I want to get on this
- haven't even thought about it

When are you going to spend time talking with God about all this, giving thanks for what's going well and/or asking for help?

Pick an amount of time to which you can soonest and most easily say "Yes" (i.e. today during lunch, tomorrow's drive to Medford, tonight after everyone goes to bed).

- 20 min slot: _____
- 45 min slot: _____
- half-day slot: _____
- full day slot: _____

*If you need someone to talk to or help to find help, please reach out. Start with Josh Johnsen, or another member of the COV Leadership Team (Dennis Webber, Sam Peck, Jim Brumbach, Mark Goens, Rex Baker). Or maybe the person with whom you prayed at a COV breakfast. Or ask the Holy Spirit to help bring someone to mind.

NOTICING YOUR LIMITATIONS: A SELF-DIAGNOSTIC FOR PASTORS

How do you feel when you wake up on a Sunday morning?

(If that's your day off, think about Monday.)

Numbers-as-metrics (i.e. church attendance, giving, baptisms, children). **How are you doing with this? Is your concern:**

- Spirit-led - Lord, keep me focused so I don't see the numbers like Peter noticing the waves
- Idolatrous - Lord help me shake loose and shatter this
- Unsure - Lord, I need wisdom discerning this. I'm listening.

How is your physical health at this time?

- Sleep Feel Good Time to Check-In Need Intervention
- Diet Feel Good Time to Check-In Need Intervention
- Movement Feel Good Time to Check-In Need Intervention
- Intimacy with Spouse (if applicable)
 - Feel Good Time to Check-In Need Intervention

Are there people in your life who can speak plainly ("No!" "BS!") don't think that's the Lord talking!") to you and you'll actually listen without planning to retaliate?

- Can't think of any - Lord, I need help finding godly accountability in Christian community!
- I do, and here are their names: _____

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Feel Good Time to Check-In Need Intervention

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