

## STAFF WELLBEING SELF-ASSESSMENT

To be shared at a staff meeting and destroyed afterwards.

Name

organised  
.church

Health Area	1 = Weak	2	3	4	5 = Strong
Relationship with God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional / Psychological	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marriage and Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet and Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rest and Recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The table below divides the week into 21 modules. A typical full-time week should include (a) 5 devotional (Bible reading and prayer) sessions (which may share a module with work sessions), (b) 12-14 work sessions, (c) 1 self-development session and (d) 6-8 rest sessions, at least four of which should be consecutive. When (d) is not fulfilled, untaken rest sessions should be taken as soon as practicable across the following fortnight.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

O = devotional

X = work

(X) = devotional + work

R = reading / development

Burnout Level (see 'Twelve Stages of Burnout', various sources)

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Reading / Development Item and Progress (e.g. 'Title', page # / page #)

Matter for Prayer or Praise

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