



# Leading Small Groups That Thrive

## Supplemental Resource: Leader's Self-Care Plan

Complete the plan below for this week and then start a new one each week, noting progress over time.

	<b>WHERE I AM RIGHT NOW:</b>	<b>WHERE I WANT TO BE:</b>	<b>WHAT I CAN DO THIS WEEK TO MOVE FROM WHERE I AM TO WHERE I WANT TO BE:</b>
Enjoying God's Word	(e.g., Reading the Bible when I have time, randomly picking a passage each time, or reading a few verses each week)	(e.g., Reading and journaling every day, finding a Scripture to claim for myself, working on a Bible study)	(e.g., finding a place, researching HeReadsTruth or SheReadsTruth for a study, or calling a mentor or pastor for recommendations)
Praying with Intimacy	(e.g., praying only at meals and in desperate times)	(e.g., praying for group members regularly, praying the Lord's Prayer, establishing a dedicated prayer time in my schedule)	(e.g., learning the ACTS model for prayer, scheduling ten minutes each day to pray, asking others about their prayer practices)
Worshipping with Passion	(e.g., nonexistent, listening to worship music)	(e.g., reading a Psalm out loud each day, memorizing worship songs filled with Scripture, verbally praising God)	(e.g., asking a friend for a playlist, scheduling a hike alone, intentionally seeking to appreciate God's creation, finding a book on work as worship)
Pursuing Community Intentionally	(e.g., in a small group, have a mentor)	(e.g., identify people, pain, and protections; understand my boundaries; know who will keep me accountable in my leadership responsibilities)	(e.g., set aside an hour to pray through a list of people, begin a list of boundaries to discuss with a trusted friend)