

MINISTRY HEALTH DASHBOARD

An assessment for teams
and ministry leaders

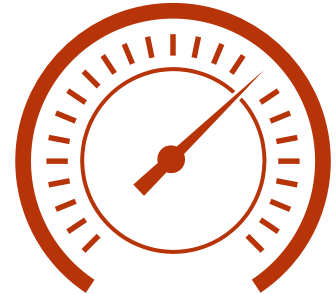
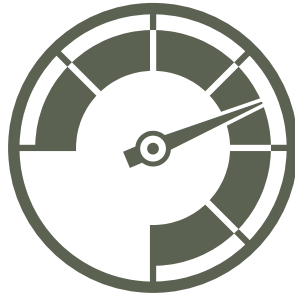


NEWBREED TRAINING

Ministry is challenging work that stretches us and our faith. The responsibility of guiding others to Jesus has the potential to overwhelm and drain us on a good day. Besides that, Satan seeks to rob us of our joy and effectiveness through any means necessary. So, if we don't regularly take stock of our own health, our unhealthy habits will render us out of commission. The RPMS framework has become a simple, common way for ministry leaders to evaluate their health in four key areas: relational, physical, mental, and spiritual. These areas cover the parts of our lives that most often remove ministry leaders from their vocational calling.

This short tool is designed to help you assess your health and the health of your team in each area. It begins with a series of stimulating questions to help you think about how you're doing in that category of health. Then, you are given space to plan out steps to improve that area. It is highly recommended that you reevaluate your health on a regular basis, both to see improvements and to recognize potential unhealthy habits before they get out of hand. We recommend doing the self-evaluation once per week, although some leaders choose to rate themselves daily. For teams, where it takes more time to realize change, once per month is more appropriate.

PERSONAL HEALTH



RELATIONAL

Use the following questions to assess the way that you relate to others.

- Do you regularly spend time with close friends without an agenda?
- Does your family get the attention from you that they need?
- Are there any relational conflicts that need to be addressed?
- Are you intentionally sharing your life with a younger leader?
- Are you being mentored by a more experienced leader?

Score yourself on your relational health on a scale of 1 to 100, with 100 being perfect health.

place score here 



PHYSICAL

Use the following questions to assess how well you take care of your body.

- Are you exercising regularly?
- Do you have any unhealthy dietary habits?
- Are you sleeping enough to feel rested?
- Are you reliant on any substances – caffeine, alcohol, tobacco, etc.?

Score yourself on your physical health on a scale of 1 to 100, with 100 being perfect health.

place score here 



MENTAL

Use the following questions to assess your mental health practices.

- Are you keeping the Sabbath?
- Are you engaged in regular rhythms of rest?
- Are you unnecessarily stressed or worried about things? Are there things you need to cut out to reduce stress, worry, or fear?
- Are you taking the appropriate medication or seeing a doctor/counselor for mental health needs?
- Do your thoughts bring you closer to God?

Score yourself on your mental health on a scale of 1 to 100, with 100 being perfect health.

place score here 



SPIRITUAL

Use the following questions to assess the health of your spirituality.

- Are you praying daily?
- Are you reading the Bible?
- Do you feel close to God?
- Have you heard from God lately?
- Is there sin that you need to confess or repent of?

Score yourself on your spiritual health on a scale of 1 to 100, with 100 being perfect health.

place score here 

SELF ASSESSMENT

What area(s) are you doing well in?

What do you credit your success in that area to?

How can you maintain health in this area in the future?

What area(s) are you not doing well in?

What do you credit your challenges to?

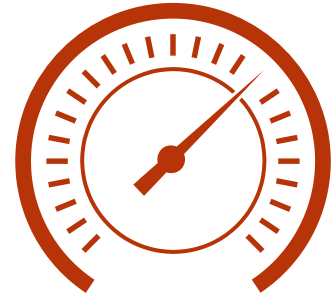
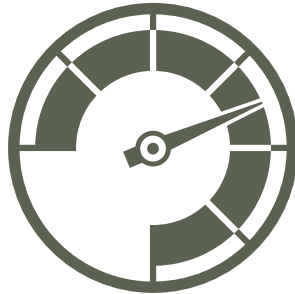
What can you do to improve your health in this area?



Write a paragraph for what you would like your life to be like in the area that you scored lowest in. You can return back to this section and continue to add to it over time.



TEAM HEALTH



RELATIONAL

Use the following questions to assess the way that your team members relate to each other.

- Is your team meeting regularly?
- Does your team spend time with each other outside of structured requirements?
- Does your team have fun together?
- Do disagreements leak out through gossip or complaining?

Score your team on its relational health on a scale of 1 to 100, with 100 being perfect health.

place score here 



PHYSICAL

Use the following questions to assess how well your team facilitates physical healthy lifestyles.

- How is your team's workload? Do people have to work long hours to meet the minimum?
- How is physical activity encouraged throughout the team?
- How are healthy diets encouraged?
- Do your meetings or informal gatherings need to involve alcohol or smoking to be productive or fun?

Score your team on its physical health on a scale of 1 to 100, with 100 being perfect health.

place score here 



MENTAL

Use the following questions to assess your team's mental health presence.

- Does your team have stimulating, robust discussion?
- Are your goals and strategies clear to all?
- Does your team have down periods of rest? Is time off encouraged?
- Are your gatherings encouraging and welcoming environments?

Score your team on its mental health on a scale of 1 to 100, with 100 being perfect health.

place score here 



SPIRITUAL

Use the following questions to assess your team's spiritual health.

- Does your team feel like they've heard from God lately?
- Are you measuring success primarily by spiritual fruit or numbers and metrics?
- Does your team pray together? Do team members pray for specific needs in each other's lives?
- Do team members share stories of how God is working through their lives or those of others in the ministry?

Score your team on its spiritual health on a scale of 1 to 100, with 100 being perfect health.

place score here 

COLLABORATIVE ASSESSMENT

What area(s) are you doing well in?

What do you credit your success in that area to?

How can you maintain health in this area in the future?

What area(s) are you not doing well in?

What do you credit your challenges to?

What can you do to improve your health in this area?



Together, write a paragraph for what you would like your team's culture to be like in the area that you scored lowest in. You can return back to this section and continue to add to it over time.



If you've found this tool helpful, consider signing up for NewBreed Training's [Character Essentials](#) course to help you journey deeper into the biblical requirements for ministry leaders.