

Elements of well-being (1 = this is not true at all for me, 5 = this is very true for me)

	1	2	3	4	5
I experience more positive emotions than negative emotions.					
I have the resources I need to do my ministry well.					
When something goes wrong, I know it is a temporary setback.					
I have a good support network of loved ones and professionals who accompany me on my journey.					
I have specific people, things, events, and/or ideas for which I am grateful.					
My basic needs are met.					
When I feel stress, I have a productive way to expend it.					
My relationship with God is solid.					
I am able to interpret difficult circumstances in ways that feel truthful but that allow me to move on.					
My ministry uses my interests and gifts in ways that I enjoy.					
I feel seen and valued for the ministry that I do.					
I show up the way that I want for my friends and family.					
I regularly move my body in ways that make me feel healthy and confident.					
I have positive relationships with most of the people in my ministry setting.					
When challenges occur, I have the skills to meet them.					
I have time and interest to do non-work things I enjoy.					
There are times when I feel so engaged in what I am doing that everything else seems to fall away.					
I show up the way that I want for people in my ministry setting.					
I have medium- to long-term goals for which I am willing to work hard.					
I am able to celebrate authentically with others who are experiencing excitement or success.					
I sleep enough that I don't wake up tired.					
I have a sense of agency in my life.					
I have an overarching sense that my ministry is meeting a need.					
I have margins in my life.					

This tool, based on Martin Seligman's PERMA model, was created by Laura Stephens-Reed, Clergy & Congregational Coach, 2021.