

Self Care Plans

Ethel

1. Monthly meetings with spiritual mentor
 - a. Spiritual and emotional encouragement
 - b. Spiritual accountability
2. Daily connecting time with Bob, honoring “no ministry talk” during those times
3. Rediscovery of “play” (I’m not sure what the end result will be, but this is an area of my life I sense a need with which I need to be “in tune.”)

Bob

1. Practice a Spiritual Rule including:
 - a. Times of personal and corporate unabandoned heartfelt worship
 - b. Reading a book
 - c. Watching a video that encourages my heart
 - d. Meeting with a Spiritual Director
2. Daily connecting with Ethel’s heart
3. Outside labor at Airydale Retreat

Michelle

1. Reinitiate regular check-ins with accountability partner.
2. Seek out time as Michelle separate from ‘mommy’, ‘social worker’, etc.
3. As weather allows, spend time outside each day!!