



A Prophetic Wellness Plan

*Self-care gives me a new heart for feeling, a new back for bearing the load,
new eyes for seeing with compassion, and a new spirit for loving the people.*
Rev. Adriene Thorne

The purpose of the Prophetic Wellness Plan is to help you develop and translate a concrete and practical self-care goal into reality. The Prophetic Wellness Plan is designed to help you answer the critical question, 'what do I need' to thrive in my calling to become and sustain myself as a whole and healthy prophetic leader. This version includes two reflective activities but not the plan development itself. The questions are designed to help you focus. This exercise was developed by Lisa Anderson, VP for Embodied Justice Leadership at Auburn, and founder of the Sojourner Truth Leadership Circle for women of color faith-rooted justice leaders. Contact her at landerson@auburnseminary.org.

PART I: Reflections on Sabbath and Intentional Rest

- Do you observe Sabbath on a regular basis, if so, on what day?

- What are your usual/primary activities?

- How permeable are the boundaries you set around that day?

- On a scale of 1-10 rate how intertwined is your work life with your personal life?

- What messages did you learn about work in your family of origin?

- What messages did you receive about Sabbath?

- What is the difference between Sabbath & play?

PART II General Self-Assessment

*“Caring for myself is not self-indulgence, it is self-preservation
and that is an act of political warfare.”*

Audre Lorde

Reflect on Lorde’s declaration in light of your life and leadership. Do her words resonate with your personal understanding of self-care? Why or why not?

What aspect(s) of your work are restorative; do not feel like work to you?

What obligations “outside of the movement” impact your ability to “save some for yourself?”

On a scale of 1-10, 1 being least well and 10 being the best, rate how you feel about the state of your physical health? Explain

On a scale of 1-10, 1 being least well and 10 being the best, rate how you feel about your mental health? Explain

On a scale of 1-10, 1 being least well and 10 being the best, rate how you feel about your spiritual health? Explain