

# COVENANT FOR SELF-CARE

**For the benefit of my own life and the ministry to which I am called in Christ...**

1. I will keep, as a regular practice, the following spiritual disciplines (beyond sermon and teaching preparation). List at least three: \_\_\_\_\_

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2. I will regularly set aside time for family meals (at least weekly) and family activities (at least monthly). "Family" denotes immediate family, extended family, and/or network of friends.

3. I will adhere to the minimum standards for vacation and days off as articulated in the "Study Leave/Vacation/Sick Leave" Conference Policies (2002 Petition AC-05) adopted by the 2002 Annual Conference.

4. I will adhere to the "Guidelines for Continuing Theological Education" as required by the Rocky Mountain Board of Ordained Ministry and supported in the *Book of Discipline*.

5. I will work towards achieving and/or maintaining personal conformity with medically recognized health guidelines for height and weight unless such conformity is deemed unsuitable by my attending physician.

6. I will develop and/or maintain personal relationships with the following persons (friends, family, colleagues) to whom I can go for support in times of stress or difficulty. List at least 3 or 4:

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7. I will participate in some form(s) of regular exercise appropriate to the particulars of my physical condition and with the knowledge and approval of my attending physician. Briefly describe exercise program:

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8. I will endeavor to establish/maintain healthy practices with regard to personal nutrition.

9. I will order my personal administrative life through the establishment of legal documents appropriate to the particular circumstances of my relationships: e.g., a personal will, durable power of attorney, living will, and/or guardianship for surviving minor children. I will make known the location of these documents to the following persons (list at least two):

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