

LEAD WITH HEALTH / MARK 1:35

Pastor Margin Audit

Make room for prayer, rest, relationships, and faithful leadership instead of being governed by urgency.

Before you begin

Look at a real recent week together. Make room for honest reflection without collecting sensitive details.

PERSON (OPTIONAL)

DATE

01 Time and energy

What regularly receives your best attention? What drains it? Where is rest, prayer, and relationship squeezed out?

02 What is yours?

Which responsibilities truly require you? Which could be shared, delayed, stopped, or done differently?

03 A boundary

What small boundary or life-giving rhythm can you protect this week? What would make it realistic?

04 Support

Who needs to know about this change, and what help or authority is needed to sustain it?

Return to it

Try the rhythm for two weeks and notice its effect. Adjust the work, not just the person's resolve, if it is unsustainable.

Write only a brief shared formation focus or next step. Leave counseling details, private disclosures, and personnel evaluations off this sheet.