

An In-Process Assessment of My Inner Disciplines (Intern)

An inner discipline may be understood as the capacity to engage in a behavior, on a systematic basis that adds to one's effective involvement in a particular task and/or overall job effort. The inner-discipline is a response to a felt need (like setting limits on the amount of new responsibilities accepted) and is triggered into action by a message to oneself (You need to say 'no' to the Board's request that you teach another Bible class.)

As a means of assessing your inner-disciplines, please choose the appropriate code after the phrase: Yes, Regularly, Sometimes, Tries but Usually Fails, Never Thought of the Idea, No Need for This Discipline. *Feel free to add your own by typing it into the form field.* Once you have done this, re-read the list and check the boxes by the five most critical inner-disciplines for maintaining your own effectiveness as a DCE in training. You might consider using this form once a quarter.

1. Pace self rather than "frenzy/fatigue" type approach.
2. Involvement with a worshipping community.
3. Periodically review my values and their relationship to my daily activities.
4. Take time to reflect upon my ministry. (Who, Why, How)
5. Maintain focus on the end goals of ministry and not get lost in means.
6. Surface personal needs and do something about them.
7. Provide enrichment experiences that refresh me, i.e. sharing with a significant person, taking off for a drive in the country, going to a movie.
8. Participation in the Lord's Supper.
9. Set limits on the amount of involvement; say "no" when getting overloaded.
10. Read/search out new material related to DCE Ministry.
11. Use Scripture and prayer.
12. Periodically reach out to people for feedback and reaction on how I'm fulfilling my responsibilities.
13. Prioritize work and sort out trivia.
14. Keep self physically fit with proper amount of food, rest and exercise.
15. Make use of a "father" confessor.
16. Distinguish when a problem is really mine versus when someone is trying to get me to own their own problem.

17. Spend time with people in my support network.
18. Identify when I am getting caught conforming to other's expectations and losing sight of my own sense of what's needed.
19. Structure time wisely, not procrastinating.
20. Affirm the positive in self/others.
21. Keep my eye/ear open for the surprising hand of God at work (law, gospel).
22. Respond to criticism openly and with the intention to learn from the situation rather than defend a position or behavior.
23. Maintain a perspective on what is a "successful minister."
24. Monitor desire to change "things, people, and situations" overnight.
25. Clarify my assumptions regarding the people I work with and the responsibilities I've assumed.
26. Periodic identification of the people who are my primary influences in ministry.
27. Review of doctrinal commitments.
28. Pushing myself to further develop my particular gifts and talents.
29. Setting ministry goals that are realistic, measurable and attainable.