

Confidence Builders for Ministers

Understand your personality type.

Know what energizes and drains you and how you perceive and respond to the world. This awareness aids in self-care, and health is crucial to building confidence.

Claim what you do well.

Write down or name your strengths aloud to someone else to lock them in. Then play off those strengths.

Identify areas where you are not as strong.

If you truly need development in those areas, seek out a coach or mentor or look for a relevant program/course/conference. If your institution needs these skills but doesn't necessarily need them *in you*, find a ministry partner whose strengths complement yours.

Graciously accept detailed praises and make note of successes.

Resist the urge to brush off authentic compliments or to play down your role in situations handled well. Celebrate them with a loved one. Keep a running file of them—including writing down compliments given aloud—to reference during difficult stretches.

Gather a select group of people who will give you constructive feedback.

Be clear about ways they can help you grow. Follow up with them regularly. Reflect on what their insights mean for how you do ministry.

Parse feedback that is not constructive.

Ask yourself what the person is really trying to tell you - however inelegantly - about you and/or himself/herself. After digesting the feedback, work together with the giver on a solution. Shake the dust off your feet when that is not possible.

Celebrate what you have accomplished at the end of each day.

Make an "I've done" list, and don't forget to include the intangibles (e.g., shared a holy moment with X).

Infuse your life with color.

Create spaces that are conducive to positivity using music, textures, images, or activities (finger labyrinths, coloring books, etc.).

Take time for rest and fun.

Ministry is a way of life, not the ultimate goal of life.

Created in 2016 by Laura Stephens-Reed, Clergy Coach & Congregational Consultant

laurastephensreed.com || reverendlaura@gmail.com || [@CoachLauraSR](https://www.instagram.com/CoachLauraSR)

