



TOP TEN CAUSES OF MINISTRY BURNOUT

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- __10. Poor diet and exercise habits.
- __9. Negative or pessimistic thinking.
- __8. Poor scheduling of time.
- __7. Lack of balance in life.
- __6. Workaholic theology: "saved by works."
- __5. Failure to take an extended vacation.
- __4. Trying to please everybody.
- __3. Failure to take a day off every week.
- __2. Failure to follow example of Jesus
- __1. Failure or refusal to say no.

Take a moment and place a number by the above list in the order you would rank them.

What additional causes would you add to this list?