



HOW WE WORK

Vibrantly Live - How We're Different

Everything is designed with the client's success in mind.

Specific goals are developed and a treatment plan tailor made for each individual's needs.

In-person or virtual session options are available based on their preferences.

Skill training and out of session assignments help to achieve goals quickly.

This is work! It is not just sitting around talking about feelings for hours on end with no results.

How Do I Refer Someone?

All you have to do is share our contact information (below) or hand out one of the enclosed brochures. Let the individual know the first step is simply a complimentary phone call to get to know one of our counselors and see if working together makes sense. It's just that easy!

WHAT TO EXPECT

Complimentary Phone Consultation

- Potential clients have the opportunity to get to know us during this 30 minute meeting.
- Clients gain clarity on what they want to work on and the results they are seeking.
- Initial information is collected and questions are answered so the first session can immediately lead to productive work.

To schedule a "Get Acquainted Call," please visit VibrantlyLive.com or call (317) 520-1476.

Digital Version



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The Ministry Mirror: 5 Questions Everyone in Ministry Should Regularly Ask Themselves

If you're in ministry, chances are you're far better at asking meaningful questions of others than you are at asking them of yourself. You guide conversations with wisdom and discernment, but when was the last time you paused long enough to honestly assess your own inner world?

At Vibrantly Live, we've worked with many people in ministry who didn't realize how deeply tired, stuck, or disconnected they were, until something cracked. Not because they were negligent, but because ministry momentum can mask personal depletion. We want to help you catch that long before it happens. This is about longevity. Integrity. Alignment. These five questions are designed to act as a mirror (one you hold up quietly and regularly) to check in with the person behind the pulpit.

1. Am I thriving or just functioning?

Many of those in ministry mistake momentum for health. Functioning is sustainable, until it isn't. Ask yourself: Do I feel energized or drained by what's on my calendar this week? Thriving doesn't mean you're always full of joy, but it does mean you feel rooted and present.

2. When did I last talk to God about my pain, not just my plans?

Prayer for others is likely a daily rhythm. But what about prayer that sounds like lament? Grief? Honesty? If your relationship with God has become primarily transactional or strategic, it may be time to return to being a beloved before a leader.

3. What am I pretending not to notice?

This question stings, because it's usually something we already know: the tension in our marriage, the staff member who's slowly disengaging, the stress behaviors we're justifying. Naming what you've been avoiding is the first step toward change.

4. Do I have a place to be the 'unpolished' version of me?

Few people in ministry have a safe space to bring the full truth of who they are. Whether it's a counselor, mentor, or deeply trusted friend, your health depends on having somewhere to be fully known.

5. What's the story I'm telling myself about success right now?

Ministry "success" can sneakily shift from faithfulness to the call to keeping people happy. When this happens, those in ministry either overextend themselves or shut down entirely. Regularly revisiting your definition of success helps you lead from a place of clarity, not comparison.

You Can't Pour From an Empty Cup - But You Can Refill It

You don't need to wait for a crisis to make a change. These questions are a tool. They're meant to help you lead from a place of groundedness and truth.

And if this stirred something in you? That may be the Spirit's invitation to lean in, not push through. At Vibrantly Live, we count it a privilege to walk with ministry leaders as they care for their own souls, not just the souls of others.

You're not alone in this. And you don't have to figure it out alone.



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