



## Self-Leadership

**As a leader, people listen to what you say – they become what you are.**

*Wayne Cordeiro*

**True leadership is having the people closest to you love and respect you the most.**

"The greatest thing we have to offer our people  
is not our education.  
It is not our good ideas.  
It isn't even our gifts and abilities.  
It is the fruit of the time  
we have spent with the Saviour,  
The utterly unique and unparalleled thing  
that happens to us  
When we are simply  
In His Presence."  
*Ben Patterson*

### Leading Inward

Self Leadership is **your** responsibility, Lead yourself exceptionally well

Leadership is a choice you make, not a place you sit

Am I leading out of the overflow of time spent with God?

Is my calling sure?

Is my vision clear?

Is my passion hot?

Am I developing my gifts?

Is my character submitted to Christ?

Is my pride subdued?

Are interior issues undermining my leadership?

Is my pace sustainable?

Is my love for God and people increasing?

**Lead:**

Your emotions

Your time

Your priorities

Your energy

Your thinking

Your words

Your personal life "leadership is having those closest to me love and respect me the most"

**Self-Leadership Questions**

Am I leading out of the overflow of time spent with God?

Is my vision clear and how have I communicated that vision in the last month?

What have I done in the last month to sharpen my gifts?

Is my character submitted to Christ?

Is my relationship with God more like a flowing stream or a stagnant pond?

Is my pace sustainable?

What have I done for fun in the last week?

What have I done to let my wife/husband know they are important this week?

How have I stewarded my health this week?

For professional development this week I have...

Would the people closest to me say I am growing in my love for God and them?

# Burnout

## Ten Factors That Cause Burnout

- Feeling driven instead of called – They feel compelled to the job for God rather than let Him accomplish it through them.
- Failing to pace ourselves – Many pastors have a great pressure in pacing themselves because of the 'urgency' of their ministry.
- Trying to do it all ourselves – high achievers generally have a great need for recognition. Often they feel they have to prove something to themselves or to someone else. Frequently the high achiever wants to do all the work in order to gain recognition or approval
- Excessive contact with people's problems
- Majoring on the minors
- Unrealistic expectations – Most high achievers are not aware of their own limitations – in fact, they usually don't think they have any.
- Developing too many routines – Routines sap the challenge and excitement out of our lives. They destroy our creativity and turn innovation people into robots. On the other hand routine can be good if it leads to the formation of positive habits that free up our conscious minds to work on more creative endeavors
- An inappropriate view of God's priorities for our lives - Allowing the work of God to create a lack of balance. They justify neglecting their families by the importance of ministry. Their whole lives revolve around 'their' ministries. These people are often self-righteous because of their 'commitment and dedication' to the ministry.
- Poor physical condition
- Because high achievers have lots of drive and energy they must keep their bodies physically fit in order to keep up with the mental and emotional drives.
- Continuous rejection. Too many rejections cause us to develop negative attitudes toward people, our job and ourselves.

## Avoiding Burnout

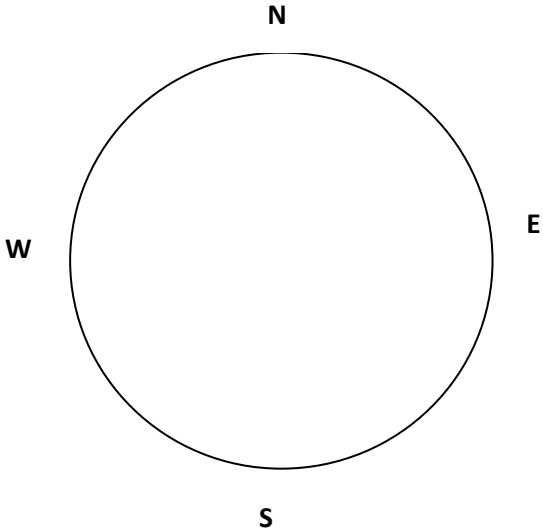
- Make your relationship with God your top priority
- Respect your limitations
- Keep your work in perspective
- Reevaluate goals and priorities regularly
- Take time to experience life – cultivate meaningful leisure time\

## Recovery

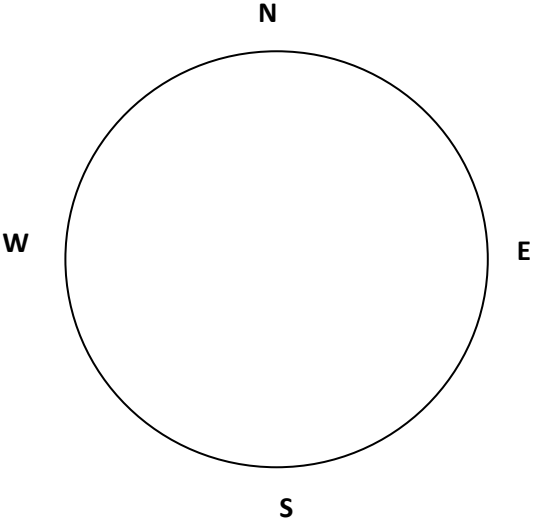
- Make space in life for spiritual recovery
- Plan for rest and relaxation
- Develop a physical fitness program
- Seek help with rebuilding self-confidence

# Self-Assessment

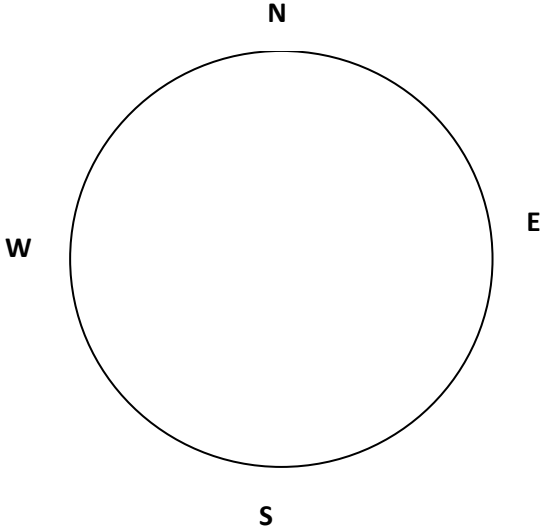
Heart-Building Habits



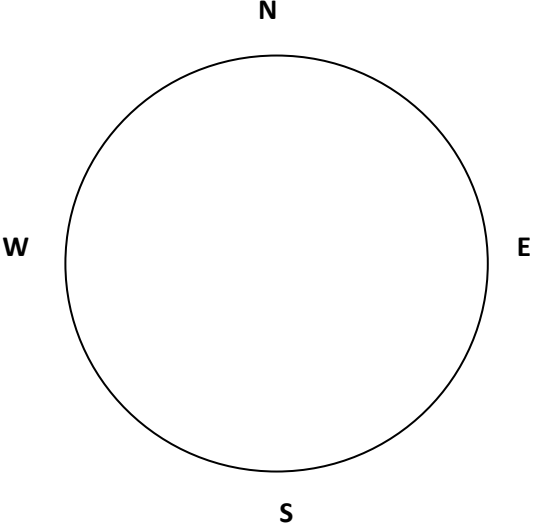
Marriage/Family



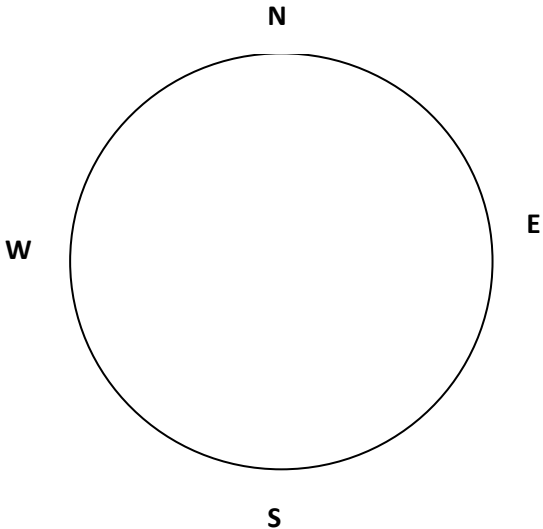
Physical Fitness



Finances



Self-Development



Friendships

