



Leadership Training

Dead Leader Running

Participant Guide

LEADERSHIP ESSENTIALS - Dead Leader Running

5 Principles of Self Care

1) Know what _____ and _____ your tank.

What fills your tank?	What drains your tank?

2) Understand Balance in Life. “_____”.

- What can you do to balance better?
 - Is your family part of your ministry?
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3) _____.

- Do you have your next rest already planned and scheduled
 - Are you trapped in thinking “you’re too busy” to rest or, things won’t get don unless you’re there?
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4) Find a Lightning Rod.

- Do you have healthy appropriate people in your life to help ground you when things are difficult?
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5) Be _____ in Your Daily Devotions.

- What is your plan right now? Do you know where to start or go to next?
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Schedule a meeting with your leader to discuss these self-care practices. Let them know how they can help you, as a leader, better serve you to keep your tank full for ministry.