

# Leadership Essentials

Dead Leader Running (Participant Guide)

## 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?

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?

4) Find a Lightning Rod.

- Do you have healthy appropriate people in your life to help ground you when things are difficult?

5) Be \_\_\_\_\_ in Your Daily Devotions.

- What is your plan right now? Do you know where to start or go to next?

**Leader, schedule a follow up time with the person you’re taking this through to discuss these 5 principles.**