

Leadership Essentials

Dead Leader Running ([Leader Guide](#))

5 Principles of Self Care

1) Know what **fills** and **drains** your tank.

What fills your tank?	What drains your tank?

2) Understand Balance in Life. **“Principle of the fulcrum”**.

- What can you do to balance better?
- Is your family part of your ministry?

3) **Lead Out of Rest.**

- 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 **Disciplined 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.