

Signs of a Healthy Leader

Talks Calmly About Money

A healthy leader is comfortable talking about money. Because she has addressed her own financial realities, she can more confidently guide her congregation through financial challenges with grace, empathy, and wisdom.



Practices Self-Care

A healthy leader cares for himself emotionally and physically, knowing that when he does, his people get him at his best. He is more likely to be a non-anxious, listening presence, able to guide others through difficult situations.



Shares Openly

A healthy leader speaks openly about his life, sharing stories of his own decisions – wise and less wise. In this way, he engages his congregation in honest conversation, and invites them to more openly consider and discuss their own issues.



Seeks Help From Others

A healthy leader knows there is strength in vulnerability. She embraces help from family, colleagues, professionals, etc., and looks for opportunities to share with others how she was helped. In this way, she affirms for her congregation that we can't live well when we stand alone.

Notes

What does it mean to you to be a healthy leader?

What are some hurdles, challenges, or roadblocks that get in the way for you?

Small Steps

One healthy habit I want to continue is:

One unhealthy habit I want to break is:

One healthy habit I want to start (or resume) is: