

## **Leadership Training (LT)**

Crosspoint Baptist Church

1.13.19

### **Session One:**

Leading Myself WELL

**Think of a person in your life whom you consider an effective leader:**

**What are the characteristics of an effective leader?**

**What are the characteristics of an ineffective leader?**

**How did Jesus lead?**

People change either because of Revelation or Desperation.

**Steps toward leading myself better:**

- 1) Assess my current reality
  - Am I in tune with my self?
  - Am I in tune with my circumstances?
  
- 2) Acknowledge with honesty my abilities and limitations
  - What do I need to know?
  - What do I need to change?
  - What can't I change?
  
- 3) Check the thermostat of my attitude and emotions
  - On a scale of 1-10
  
- 4) Set clear goals and action steps toward change
  - SMART Goals for *What I Can Change*