

 Leadership Checklist

FAITH

I. Where Do You Turn?

Circle all of the things that you resort to when you are burned out, stressed, or frustrated:

A.

Spending money

Drugs

Affairs

Sports

Internet

Medication

Partying

Alcohol

TV

Eating

Work

Other (list): _____

B.

Solitude

Art

Poetry

Counseling

Music

Engaging a personal/business coach

Reading

Helping others

Meditating

Writing

Nature (hike, garden, get in/on water)

Praying

Attending a retreat

Contributing to your community

Random acts of kindness

Loving others

Spending time with family

Other (list): _____

Column A lists diversionary, often harmful activities that help you ignore problems. Column B lists activities that offer you time and space to reflect and seek solutions to your challenges.

If your choices are primarily in Column A, you might be avoiding issues that you feel are out of your control, issues that could be supported with faith. Life's biggest challenges are best addressed with a clear heart, an open mind, and a willingness to let go of having the answers.

II. Who Has Faith in You?

Write down two people who have had a significant impact on your life by having faith in you. Beside each name, write down what they believe about you that is significant:

1. _____
2. _____

If it is possible to do, make a point to tell these people what a difference they have made in your life.

III. Whom Do You Have Faith In?

Write down two people you have mentored through a strong faith in their potential. Beside each name, write down why you believed in the person:

1. _____
2. _____

If it is possible to do, make a point to remind (NOT TELL) these people how much you believe in them.

IV. Who Would Benefit From Your Faith?

Name one person who would benefit from your having faith in them and letting them know it:

1. _____

Make a point to tell him or her, and encourage him or her with your support and faith.

V. Doorways to Faith

Gratitude

List three things/people that you are grateful for:

1. _____
2. _____
3. _____



Adversity and Failure

List two failures in your career:

1. _____
2. _____

Faith allows you to believe that all things happen for a reason. What did or can you learn from these failures?

1. _____
2. _____

VI. Faith Now and in the Future

Describe your current relationship to faith, and what you would like for it to be:

Currently, my faith is: _____

I would like it to be: _____

“WITH ALL OF YOUR SCIENCE, CAN YOU TELL ME HOW IT IS, AND WHEN IT IS, THAT LIGHT COMES INTO THE SOUL?” —Henry David Thoreau