



# LEADING OURSELVES

## DISCOVER:

1. That spiritual leaders transcend power, personality, and natural gifts because they are filled with the Holy Spirit.
2. That before leading others you must learn to lead yourself.
3. That taking care of yourself is an act of worship that Glorifies God.
4. That the Christian life is a journey to love God, others, and ourselves.

## TRAIN:

1. Be a model of a mentor who takes care of yourself in a holistic way: physical, emotional, spiritual, social, and intellectual.
2. Train young people through accompaniment and holistic practice.
3. Learn and teach to care for and exercise your body intentionally.
4. Learn and teach to take care of your mental health and that of your mentees.

## EMPOWER:

1. Take care of yourself responsibly as a gift from God.
2. Develop a balanced leadership between service and ministry.
3. Live.
4. Accompany.