

MUSTARD SEED LEADERSHIP PODCAST

Self Leadership #3

Maxwell *"The hardest person in the world to lead is yourself"*

So the best place to start your leadership development is with the hardest person to lead and learn to lead them well.

1 Corinthians 9:24-27 (NLT)

"24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadow boxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."

1. ATTITUDE - *"So run to win!"*

2. VISION - *"but we do it for an eternal prize."*

3. SELF DISCIPLINE

26 "So I run with purpose in every step."

27 "I discipline my body like an athlete"

Self discipline is translating vision into daily habits

- Habits are little routines, like brushing your teeth, that have become so much a part of your life that you do them automatically

Self discipline is never the problem, vision is

- That's what we learnt last week - Pr 29:18 *"For lack of vision my people perish"*

The secret behind top athletes success is the ability to establish habits and routines - day in and day out - so that their training is not based on current motivation or feeling, but based on well established routines.

- feelings and motivation go up and down
- But habits and routines stay the same
- This is the power of CONSISTENCY in our lives

Another Maxwell quote: *“Leadership is not developed in a day, but daily”*

- there is no success without self discipline

Two things that Paul specifically mentions:

1. Purpose in every step

Someone once said that practice doesn't make perfect, it does make permanent.

- in other words, don't just practice, but practice the right thing
- Consider the habits and routines in your life - are they the right thing?
- How can you maximise or adjust those habits to make them as effective as possible

Eg. Personal challenge to grow from Bible reading to meditating on scripture

- the habit is there
- But small adjustments can make it way more effective

2. Discipline my body

Temptation is common to everyone. Self leadership involves bringing the desires of the body under the Lordship of Jesus.

Take a moment to evaluate which areas need growth in the area of discipline:

- Spiritual
- Physical
- Eating
- Working
- Social

Now consider your vision and work out what you need to do daily, to become successful in these areas.

CHALLENGE:

The self leadership challenge is to become more intentional about leading yourself well so that it becomes easier for others to follow you. Use the application questions below to plot a growth plan.

APPLICATION QUESTIONS:

1. Attitude, Vision, Self Discipline. Which of these three need the most work?
2. What one thing could you focus on in each area to practically take the next step of growth?
3. In the area of self discipline, rate your habits in each of the areas below and see which ones need the most work:
 - Spiritual habits
 - Physical exercise habits
 - Eating habits
 - Working habits
 - Social habits