



Learning To Lead Yourself - Checking The Gauges

Directions: Take time to quietly reflect on the questions below. Record your thoughts in the margins or on the back of the page; then complete the question at the bottom.

Spiritual: Is my life in accord with the gospel of Jesus?

1. **Love:** Is my love for God increasing? Why? Why not?
2. **Idols:** Is there something or someone I am looking to find my identity or to be "okay" other than Jesus?
3. **Surrender:** Am I living a surrendered life before the God who loves me?"
4. **Community:** Am I living in community with others or drifting toward isolation?
5. **Temptation:** Is there a temptation or sin that has a hold on me?

Physical: How am I doing physically?

1. **Diet:** Am I eating properly?
2. **Sleep:** How much sleep am I getting? Is it sufficient? (I know I am getting sufficient rest when I am not yawning in the afternoon. What's your clue?). [Click here](#) for an interesting article on sleep.
3. **Exercise:** Will my current patterns sustain a healthy and vibrant life?



Emotional: Am I living whole?

1. Am I experiencing signs of being emotionally drained: Escapism, avoiding people, a negative attitude?
2. When was the last time I did something fun?
3. What brings the "Vacation Sigh of Relief"?
4. Am I taking time for those things that restore me personally?

Mental: Am I reading, reflecting, and growing intellectually?

1. What mindless activities are consuming my time?
2. Am I reading, reflecting, and growing as a Christian thinker? How?
3. What book will I read this month?
4. Am I able to "give an answer" to those who question my faith (1 Peter 3:15-16)? If not, what needs to change?

What change/s do I need to make in the next 30 days? Plan your calendar accordingly.

Tommy Kiedis developed *Checking The Gauges* using adaptations from Hybels, Covey, et al.

