



VIDEO NOTES



BUILDING ENERGY

BUILDING ENERGY FOR YOUR TEAM STARTS WITH YOU. TO PERFORM AT YOUR BEST AND TO ENERGIZE YOUR TEAM, YOU MUST FIRST BE CHARGED YOURSELF, WHICH STARTS WITH EXTREME SELF-CARE.

THINK ABOUT A TIME WHEN YOU HAVE REALLY ENJOYED WORK. WHAT WERE YOU DOING? WHAT WERE OTHERS DOING? HOW DID IT FEEL?

EXTREME SELF-CARE MUST BE DONE FOR YOUR BODY, MIND & SPIRIT. WHAT ARE SOME WAYS YOU CAN FURTHER CARE FOR YOURSELF IN THESE AREAS?

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M2:S1 - BUILDING ENERGY: EXTREME SELF-CARE

SERVANT LEADERSHIP TRAINING

WHAT TOLERATIONS ARE YOU ALLOWING IN YOUR LIFE? START BY IDENTIFYING THEM AND THEN BRAINSTORM THE NECESSARY STEPS YOU WILL TAKE TO ELIMINATE THEM.

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HOW CAN YOU SIMPLIFY YOUR LIFE? WHAT PROCESSES AND/OR AREAS OF CLUTTER CAN BE CLEANED UP TO GIVE YOU MORE BREATHING ROOM AND SPACE?

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WHAT DAILY HABITS DO YOU NEED TO INTEGRATE INTO YOUR LIFE? WHAT STEPS ARE NEEDED TO HELP YOU FULLY COMMIT TO THEM?

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