

LEADER GUIDE



Notes

Episode 38: How To Lead When You're Out Of Gas

How To Lead When You're Out Of Gas

1) Keep Your _____ Full

2) Keep Your _____ Full

The great poet Ralph Waldo Emerson said, "Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm."

3) Keep Your _____ Full

4) Keep Your _____ Full

Everything that's said needs to be true, but not everything that's true needs to be said.



Reflection

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Episode Summary:

In this episode, John Barrett addresses a common challenge leaders face: leading when feeling depleted or out of gas. He acknowledges that every leader experiences seasons of exhaustion and discouragement, emphasizing that running out of gas is not indicative of failure but a normal part of the leadership journey. Barrett offers practical advice on how to navigate these tough times without compromising one's leadership effectiveness. He outlines four key strategies: keeping your gas tank full through self-care and intentional breaks, maintaining optimism even in the face of adversity, being honest with your team while managing the flow of information, and keeping your focus on the most critical tasks at hand.

Reflection Questions:

1. Can you recall a time when you felt out of gas in your leadership role? What was that experience like?
2. How do you typically respond to feelings of exhaustion or discouragement in leadership?
3. What are some practical ways you can keep your "gas tank" full, as John Barrett suggests?
4. How does maintaining optimism impact your ability to lead effectively?
5. What role does honesty play in your leadership, especially during challenging times?
6. How can you balance being truthful with your team while not overwhelming them with information?
7. What are the "main things" you need to focus on in your current leadership role?
8. Who are the mentors or coaches in your life that help you stay focused and avoid burnout?