

Level Up

GUIDE

LIVE
IN THE MIDDLE
W/JOHN BARRETT

LEVEL UP



SESSION SUMMARY:

In this video, John Barrett discusses the concept of "Living in the Middle," a metaphor for maintaining balance in leadership and life. He describes life as a series of ups and downs, akin to a roller coaster, with high points (mountaintops) and low points (valleys). Barrett emphasizes the importance of not letting success inflate our ego when we're on the mountaintop and not letting failures dishearten us in the valley. Instead, he advocates for gratitude during successful times and faithfulness during challenging times, aiming for a balanced, consistent approach to leadership that avoids the extremes of emotional highs and lows.

GROUP QUESTIONS:

1. Can you share a recent mountaintop experience and how you felt during that time?
2. Have you ever experienced a valley that made you question your worth or ability? How did you cope with that?
3. How can we practice gratitude when we are on the mountaintop without letting it go to our heads?
4. What are some ways to remain faithful and keep moving forward when we are in the valley?
5. How can we help others in our lives to find balance and live in the middle?
6. What are some dangers of experiencing extreme highs and lows in our leadership and personal lives?
7. How can we apply the concepts of being grateful on the mountaintop and faithful in the valley to our current situations?
8. What strategies can we use to minimize the emotional roller coaster and live more consistently?

APPLICATION:

This week, let's each identify one mountaintop and one valley we are currently experiencing or have recently experienced. Practice gratitude for the mountaintop by sharing your success with someone. For the valley, commit to taking one step forward, even if it's small, to demonstrate your ability to keep moving forward.