

Level Up GUIDE



SESSION SUMMARY:

Navigating the Messy Middle: Understanding Your Leadership Growth Journey explores the three critical stages every leader experiences on their path to reaching their full potential. Discover why the most challenging phase - the messy middle - is actually where the greatest growth happens. Learn how to recognize when you're in this crucial stage and practical strategies to push through rather than retreat when things get difficult. This message unpacks the leadership development cycle that applies to individuals, teams, and organizations alike. Whether you're feeling stuck in your current leadership role or leading a team through challenging times, this message provides valuable insights on embracing struggle as the pathway to greater impact.

GROUP QUESTIONS:

- Where do you currently find yourself in the growth journey - the exciting beginning, the messy middle, or reaching your potential?
- What are some signs that indicate you've entered the 'messy middle' phase of growth?
- How do you typically respond when things become difficult? Do you tend to push through or retreat to something new?
- Can you share a time when you pushed through a difficult period and reached success on the other side?
- What role does attitude play in helping you persevere through challenging times?
- How can we support others who are currently in their 'messy middle'?
- What are some practical strategies you've found helpful in pushing through difficult periods of growth?
- How has your perspective on challenges and struggles changed over time?

APPLICATION:

This week, identify one area in your life where you might be in the 'messy middle.' Instead of retreating or giving up, commit to pushing through for at least one more week. Journal about your experiences, challenges, and any small victories along the way.