

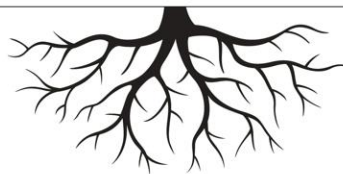
Emotionally Healthy Leader

Planning Pack

The
Emotionally
Healthy
Leader



How transforming your inner life will
deeply transform your church, team, and the world



Peter Scazzero

Table of Contents

EH Leader Study & Discussion Guide	Pg 3
Climb the Ladder of Integrity	Pg 4
Ending and New Beginnings	Pg 5
EH Leader Book Chapter Introductory Videos	Pg 6
EH Leader Podcast discussions on EH Leader chapters and concepts	Pg 7
EH Discipleship Church Assessment	Pg 8

EH Leader Study & Discussion Guide

The Emotionally Healthy Leader Study & Discussion Guide will lead your team into the practical application of core concepts from *The Emotionally Healthy Leader* for your specific leadership context. Moreover, you will be invited to lay a solid foundation for a deep inner life with Jesus. Why? Without it, even our best leadership practices are only marginally effective.

Download the Emotionally Healthy Leader Study & Discussion Guide at the link below.

https://www.dropbox.com/s/ehi5n0yh718f92b/EHL_StudyDiscussion_Online-3.pdf?dl=0

Climb the Ladder of Integrity

View the videos below for an example of what it looks like to Climb the Ladder of Integrity, followed by Pete's discussion on this important skill.

Session 3, Part 1:

<https://www.youtube.com/watch?v=9xv5UvHWOiE&feature=youtu.be>

Session 3, Part 2: <https://www.youtube.com/watch?v=9e51s04-uUE&feature=youtu.be>

Endings & New Beginning

In the final chapter of *The Emotionally Healthy Leader*, Pete discusses the importance of endings and new beginnings.

Read Pete's blog post about his own succession from Lead Pastor of New Life Fellowship Church and the three overlapping but distinct phases of God's pathway to new beginnings, at the URL below.

<https://www.emotionallyhealthy.org/succession-and-new-beginnings/>

EH Leader Book Chapter Intro Videos

The videos below serve as introductions by Pete to each chapter of *The Emotionally Healthy Leader* book. In each video, Pete shares the background story, context, and important themes of the chapter, and why those themes are important to emotionally healthy leadership.

View all nine videos at the URL below:

<https://www.youtube.com/playlist?list=PLzEyTQ-t6M0VyUmyl4FLfq5Pe-1fE9JLY>

EH Leader Podcast Discussions

In the podcast series below, recorded shortly before the release of *The Emotionally Healthy Leader* book, Pete meets with New Life Fellowship Lead Pastor, Rich Villodas, to discuss the themes explored in the book and why he wrote it.

The Emotionally Unhealthy Leader:

<https://youtu.be/RMFE73cnndY>

Face Your Shadow

<https://youtu.be/1DcnYHTw9K0>

Lead Out of Your Marriage or Singleness

<https://youtu.be/CZP4OZw0H4c>

Slowing Down for Loving Union

<https://youtu.be/Zq1InGT1Fiw>

Practice Sabbath Delight

<https://youtu.be/6rul-WZapuk>

Planning and Decision Making

https://youtu.be/luEN17tT_1E

Culture and Team Building

<https://youtu.be/TW6IHEJJYBE>

Power and Wise Boundaries

<https://youtu.be/cPx32ne5xq8>

Endings and New Beginnings

https://youtu.be/n_vZVoTB3rY

EH Discipleship Church Assessment 1.1

Instructions

This assessment is designed for use with a pastor or group of leaders (e.g. leadership team, staff, board, spiritual formation task force). It will help identify the strengths and weaknesses of your church around the **six key areas of emotionally healthy spirituality**:

1. A Slowed Down Spirituality
2. Integrity in Leadership
3. Beneath the Surface Discipleship
4. Healthy Community
5. Passionate Marriages and Singleness
6. Missional Workers

Read the statements in the center of each page. Indicate how deeply your life reflects this statement (in the “Personal Assessment” column) and how effectively your local church encourages and equips in this area (in the “Church Assessment” column) by circling the appropriate number that most closely reflects your opinion.

In the Personal Assessment Column, circle the number to indicate whether the statement is true:

1. not at all 2. hardly 3. to an average extent 4. to a great extent 5. to a very great extent

In the Church Assessment column, circle the number to indicate if your local church:

1. impedes or discourages me in this area
2. does not equip or empower me in this area
3. rarely equips and empowers me in this area
4. effectively equips and empowers me in this area
5. very effectively equips and empowers me in this area

If none of the responses exactly matches your opinion, choose the response that corresponds as closely as possible. If a question refers to “leaders”, it refers to pastors, elders, ministry leaders, Sunday school teachers, small group leaders, and similar positions. Whenever the term “church” is used, it refers to your local church.

After you finish each section, add up the numbers you circled in each column and provide the total at the bottom of that column. (So, for example, if under the Personal Assessment of Slowed Down Spirituality you circled a 2, 4, 5, 3, 1, 2 you would write “17” next to the “Total” for that column ($2+4+5+3+1+2=17$.) Then proceed to the last page for final instructions.

Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	<h2>A Slowed Down Spirituality</h2>	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	I read Scripture daily because Scripture is a primary means by which I am transformed by Jesus.	1 2 3 4 5
1 2 3 4 5	I am aware of God's presence throughout the day.	1 2 3 4 5
1 2 3 4 5	I set aside time in silence and reflection to listen to my heart and to God each day.	1 2 3 4 5
1 2 3 4 5	Those around me would say I am not hurried or rushed.	1 2 3 4 5
1 2 3 4 5	I take a 24-hour period each week for Sabbath-keeping.	1 2 3 4 5
1 2 3 4 5	I take time daily to delight in the everyday gifts of God (e.g., creation, play, hobbies, people, the arts, etc.)	1 2 3 4 5
Column Total:		Column Total:

Team Average:	A Slowed Down Spirituality – Team Averages	Team Average:
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NOTES & OBSERVATIONS:

Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	Integrity in Leadership	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	I carefully prioritize the quality of my relationship <i>with</i> God over the quantity of work I do <i>for</i> God.	1 2 3 4 5
1 2 3 4 5	I do not “spin” or exaggerate facts or events.	1 2 3 4 5
1 2 3 4 5	I value both best leadership practices and listening in prayer to discern God’s will when making decisions.	1 2 3 4 5
1 2 3 4 5	I are not overloaded or overwhelmed.	1 2 3 4 5
1 2 3 4 5	Others would easily describe me as approachable, gentle, open, and transparent.	1 2 3 4 5
1 2 3 4 5	I do not avoid having “difficult” conversations (e.g., with members, leaders, coworkers, etc.)	1 2 3 4 5
Column Total:		Column Total:

Team Average:	Integrity in Leadership – Team Averages	Team Average:
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NOTES & OBSERVATIONS:

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Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	Beneath the Surface Discipleship	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	It is easy for me to identify what I am feeling.	1 2 3 4 5
1 2 3 4 5	I understand the ways my family-of-origin impacts my growth in Christ.	1 2 3 4 5
1 2 3 4 5	I am comfortable saying "no" to requests and opportunities rather than risk overextending myself.	1 2 3 4 5
1 2 3 4 5	I take care of myself as an expression of my love for Christ and as a prerequisite to love my neighbor well.	1 2 3 4 5
1 2 3 4 5	When I experience disappointment or loss, I allow myself to grieve and to listen for what God may be saying through it.	1 2 3 4 5
1 2 3 4 5	I feel it's safe to speak about my weaknesses, failures, and mistakes in our church.	1 2 3 4 5
Column Total:		Column Total:

Team Average:	Beneath the Surface Discipleship – Team Averages	Team Average:
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NOTES & OBSERVATIONS:

Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	<h2>Healthy Community</h2>	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	I have little interest in judging or quickly giving opinions about other people.	1 2 3 4 5
1 2 3 4 5	I don't engage in dirty fighting tactics (<i>e.g. sarcasm, put downs, silent treatments, pouting, denial, blaming, avoiding, rage, complaining, showing contempt, lying.</i>)	1 2 3 4 5
1 2 3 4 5	I speak clearly, respectfully, and honestly with the people around me.	1 2 3 4 5
1 2 3 4 5	I know when to help carry someone else's burden and when to let it go so they can carry it themselves.	1 2 3 4 5
1 2 3 4 5	I freely ask for forgiveness when I hurt someone or make mistakes, and I extend forgiveness freely.	1 2 3 4 5
1 2 3 4 5	When I suspect miscommunication is happening, I initiate conversations to check out assumptions and expectations.	1 2 3 4 5
Column Total:		Column Total:
Team Average:	Healthy Community – Team Averages	Team Average:

NOTES & OBSERVATIONS:

Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	Passionate Marriages and Singleness	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	As I grow in greater love for Christ, my ability to love “difficult” people is also growing.	1 2 3 4 5
1 2 3 4 5	I watch over my heart so that I do not use or objectify others.	1 2 3 4 5
1 2 3 4 5	I believe that a God-honoring relationship requires two people who each have a healthy sense of self as well as appropriate boundaries.	1 2 3 4 5
1 2 3 4 5	My marriage (or my relationships as a single person) reflects how Christ loves his church.	1 2 3 4 5
1 2 3 4 5	Those close to me would describe me as a responsive listener, attentive to people’s words as well as their facial expressions, body language, and tone of voice.	1 2 3 4 5
1 2 3 4 5	I am comfortable talking about my sexuality as it relates to my spiritual formation in Christ.	1 2 3 4 5
Column Total:		Column Total:
Team Average:	Passionate Marriages and Singleness – Team Averages	Team Average:

NOTES & OBSERVATIONS:

Personal Assessment This statement is true 5. to a very great extent 4. to a great extent 3. to an average extent 2. hardly 1. not at all	<h2 style="margin: 0;">Missional Workers</h2>	Church Assessment In this area, my local church 5. very effectively equips & empowers me 4. effectively equips & empowers me 3. rarely equips & empowers me
1 2 3 4 5	I believe that my current occupation is as important as being a pastor or a missionary. All "jobs" are expressions of full-time ministry for Christ	1 2 3 4 5
1 2 3 4 5	I take what I learn at church and apply it in the workplace.	1 2 3 4 5
1 2 3 4 5	I am generous with the abilities, money, and opportunities God has given me.	1 2 3 4 5
1 2 3 4 5	I seek to serve Christ in every sphere of life - at work, home, neighborhood and community-- as well as at our church.	1 2 3 4 5
1 2 3 4 5	I bear witness to Christ in word and deed.	1 2 3 4 5
1 2 3 4 5	My life reflects a commitment to the poor and marginalized, along with a commitment to address injustice.	1 2 3 4 5
Column Total:		Column Total:

Team Average:	Missional Workers – Team Totals	Team Average:
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NOTES & OBSERVATIONS:

Summary Sheet

Transfer your scores to this section and note them below:

**A Slowed Down Spirituality
Integrity in Leadership
Beneath the Surface Discipleship
Healthy Community
Passionate Marriages & Singleness
Missional Workers**

Personal Assessment		Church Assessment	
My Score	Team Average	My Score	Team Average

For the Personal Assessment scores: For the Church Assessment scores:

6-19 = low
20-25 = medium
26-30 = high

6-20 = low
21-25 = medium
26-30 = high

What did you learn about yourself

personally? How did your church do

overall?

Where was your church strongest?

Weakest?

What do you think might be the next steps for you as a church?