



# LEAD WELL

## Change and the Heart

*Lead Well Podcast Episode 5 – Chip Judd*

- 1. One of the brain's primary functions is to protect us by recognizing patterns and making predictions.**
  - As you navigate times of uncertainty, what are two ways you have tangibly experienced and/or expressed the sense of discomfort that comes with change? How have you been physically, emotionally, or spiritually affected by it?
- 2) Pressure and anxiety caused by change often reveal cracks in our foundation, yet for those committed to growth, this revelation is a gift!**
  - Take a moment to identify at least one crack or area of growth in your leadership foundation, and then envision yourself overcoming that challenge and thriving in that area. What necessary steps would you need to take to change your thinking or behavior(s) in that space? *\*\*Be encouraged! This is a work in progress and it's okay if all steps aren't fully defined. The goal is to start!*
- 3) Our brains and bodies respond to what we *think* the same way they do to reality. If we imagine a negative situation, our bodies react as though they were in that situation.**
  - Since your body reacts to what you imagine as though it were real, what two specific areas of your life can benefit from exercising self-awareness and intentionality in your thought-life?
  - How do unchecked negative thoughts impact your ability to lead others?
- 4) Good and bad stress (eustress and distress) are created by the same chemical; therefore, our brains make no distinction between them.**
  - As a leader, what guardrails could you put in place to ensure you don't reach an adrenalized state or become overly stimulated?
  - What are two aspects of your weekly routine that you can simplify? What would your life look like with these adjustments in place?

### **Take Action:**

A vast majority of what we worry about never happens, yet we put our bodies through the stress of something that isn't real. This week, take a moment to answer these questions if you find yourself overthinking a situation or event:

- Is what I'm worrying about actually happening right now?
- Is it based on facts or assumptions?