



# LEAD WELL

## Change and the Heart – Part 2

*Lead Well Podcast Episode 6 – Chip Judd*

**1) You were wired to fulfill your purpose and intentionally created by God to support your assignment.**

- Take a moment to meditate on the above statement. What are two personality and/or character traits you've considered a challenge or limitation? How can these traits be viewed as strengths that position you to carry out your particular assignment?
- As you've grown over the years, how have you witnessed your perceived limitations work to your advantage and support the roles and assignments you've lead in?

**2) As you continue to explore the “why’s” of your heart, consider any thought you recognize as a lie, then capture it, question it, and replace it.**

- Let's practice capturing some thoughts! What are two statements or ideas you've believed about yourself as a leader for most of your career? If you're comfortable, feel free to discuss these with your group.  
\*\* [In your personal time] Once you've recorded these, spend some time in prayer and ask God about the statements you've believed. Are they valid/true? Once you've emerged from your time of prayer, replace those thoughts with true statements and Scripture.

**3) There's a point in your journey when you become your own abuser.**

- In what specific ways have the thoughts and lies you've believed and repeated to yourself affected your ability to lead others?

**4) You teach what you know and reproduce who you are. Most real life, substantive change is caught, not taught.**

- What are three ways that you can practically duplicate yourself as a leader?
- Chip states that “change is caught, not taught.” How does this statement practically challenge your leadership style and/or approach?

**Take Action:**

Comparison is the root of inferiority. **What are you a TEN at?** We're all a *ten* at something, but we often allow the things we're a *two* or *three* at rob us from enjoying the areas we're great at.

**This week, make a list of the areas or things you're a STAR in**, whether it's planning and executing meetings, making fish tacos, managing the office interns, hosting and facilitating Bible study or public speaking. **Whatever it is, name it, bask in the compliments you've received about your gifts, and celebrate those wins!**