

## The Art of Self-Management: How to Lead Yourself

In this session, we will discuss the importance of having a life compass and what this practically can entail. Exercises are provided on developing a personal mission statement, working on a life map and exploring together what guides a leader (convictions, inner resolves, personal mottos), how to take care of yourself and your motivations.

**Evi Rodemann** has been involved in creating and organising events for young people and churches locally, nationally, and on the European level since she was a teenager. Events have always played a vital part in her own walk with God, but she has also seen how they bring Christians together and mobilise them for a missional lifestyle. As well as receiving training in event management, Evi also earned an MA in European mission with a focus on the impact of conferences. She studied missions in the Netherland and has worked in India, Africa, and Hong Kong, but her strongest passion remains Europe and helping its young people to find their kingdom role and live missionally wherever God has called them. Until 2016 she directed Mission-Net for nine years and organized four European youth mission congresses. In addition to being engaged in various European networks such as Lausanne and the European Youth Ministry Network, Evi also works part-time in a Germany aluminium company.

### I. What is your life compass?

#### A. Biblical self-management

1. Look after yourself (Acts 20:28, 1 Timothy 4:16, Galatians 6:1,4-5)
2. Self-care, self-management, self-guidance, self-responsibility

#### B. What guides you?

#### C. What do you do/or not do to finish well in life? (2 Timothy 4:7)

### II. Self-Management

#### A. Why is it so important?

#### B. What are your inner convictions, your resolves? (Daniel 1)

*How did Daniel last through 2 empires and 5 kings?*

III. Why and how a personal mission statement?

- A. Proverbs 29:18
- B. Ephesians 2:10 – what are the good works you are called to do?
- C. Ezekiel 22:30

IV. Motivations of leaders

- A. What kills your motivation? (negative setting, unrealistic goals, perfectionism, lack of appreciation, routine, negative environment)

Every vision is costly and there will be times when you want to give up. Let us fix our eyes on Jesus. (Hebrews 12:2)

V. Some tools for reflection

- a) Map out your life line
- b) Draw your heart's landscape
- c) Draw your river of life
- d) Create a list for each decade

Suggested Readings/video clips:

Coleman, Kate. *7 deadly sins of women in leadership – Overcoming self-defeating behavior on work and ministry*

Chand, Samuel R. *Leadership pain*.