

Healthy Leaders

When the leader is healthy, everything around the leader gets healthier.

Core Value: Health

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.” Psalms 1:1-3 NIV

David begins the Psalms with this powerful truth—the person who delights in God’s Word and thinks upon it throughout the day is like a tree planted by a stream of nourishing water. His roots go deep, and he yields a harvest in every season of life. As a result, he is prosperous in everything he does.

Healthy things are growing things, and healthy leaders are prosperous leaders. So if success and prosperity are goals, health must become the pursuit.

So, how is your health? If you answered that thinking only of your physical health, then you are not thinking deeply enough.

There is more to you than simply your physical health. There are seven interdependent foundations that contribute to your overall health. They are Spiritual, Mental, Emotional, Physical, Social, Financial, and Occupational. Think of these seven categories as streams that flow into your life. Each contributes significantly to your overall health and fulfillment.

So again, how is your health? How would you know? Is it something you’ve taken the time to think about?

When you visit a physician, they perform a routine physical evaluation. They check your temperature, blood pressure, and weight. Any of these vital signs that are outside the norm are a symptom of a deeper issue that needs to be discovered and brought back to health. Ignoring a warning sign would only add to the problem. In fact, they exponentially affect one another positively and negatively.

This leadership devotion aims to give you a simple tool that is helpful and beneficial in your personal life for a quick health check-up and, more importantly, a starting point to find a path back to health. *(Note: This is for personal use and is not intended to take the place of a qualified professional)*

Remember: We get what we inspect, not what we expect.

The Seven Streams of Health

1. Spiritual Health

“...in him we live, and move, and have our being” (Acts 17:28).

A spiritually healthy person has found a real and growing relationship with Jesus. Their faith gives them a clear sense of purpose and meaning in life. God’s Word shapes their values and worldview, and they act accordingly.

When we are not spiritually healthy, we are disconnected from our source of purpose. As a result, events in life lose their meaning, and decisions become detrimental.

2. Emotional Health

“the joy of the Lord is your strength” (Neh 8:10).

An emotionally healthy person is able to feel and express their emotions in a healthy manner. They are in control of their feelings and able to navigate life’s challenges. They genuinely feel good about themselves and have great relationships with others.

When we are not emotionally healthy, we are led by our most negative emotions. Life becomes overwhelming, and relationships become strained. The temptation to self-medicate is constant.

3. Mental Health

“we have the mind of Christ” (1 Cor 2:16).

A mentally healthy person is able to realize their unique potential, passion, and purpose. They are better prepared to tackle the stresses of life. They learn well, work well and contribute to their family and community. They think deeply and creatively and are able to offer solutions to problems.

When we are not mentally healthy, we find ourselves distracted, forgetful, and unable to cope with the issues that come our way. We become unstable in our thoughts and actions.

4. Physical Health

“your body is a temple of the Holy Spirit within you” (1 Cor 6:19)

A physically healthy person is someone who has good physical health and keeps their body working at its peak. They do not suffer from an illness or disease. They exercise regularly, eat a balanced diet, and get adequate rest.

When we are not at our physical best, our body becomes stressed, and it directly and drastically affects every area of our lives.

5. Financial Health

“The blessing of the Lord brings wealth” (Pro 10:22)

A financially healthy person is economically secure enough to handle both expected and unexpected expenses. They keep a budget, are able to cover their expenses, have enough savings to meet unexpected emergencies, and make wise investments.

When we are not financially healthy, our income is never enough to meet our expenses. We find ourselves deeper and deeper in debt by the month. Financial stress is a significant contributor to a breakdown in our overall health.

6. Relational Health

“A friend loves at all times” Proverbs 17:17.

A relationally healthy person is able to cultivate and sustain safe, stable, and nurturing relationships with others. They find encouragement and support from healthy relationships in their life and avoid toxic relationships.

A relationally unhealthy individual withdraws from healthy relationships and becomes isolated or depressed, and allows the toxic people in their lives to become their main driver.

7. Occupational Health

“we are His creation, created in Christ Jesus for good work” (Eph 2:10).

An occupationally healthy individual is doing what they want to do in life and finds fulfillment in their work. They are able to maintain a healthy balance between their work and leisure. They understand how their occupation and kingdom purpose intersect.

When a person is not occupationally healthy, they feel stuck and unfulfilled. As a result, their overall performance declines, and their interactions with others suffer.

The Assessment:

Included is a health assessment with ten diagnostic questions under each category. Your answer should be the first that comes to mind. Don't overthink. Go with your first reaction.

When you are finished, total each category. You'll find that several streams are healthier than others. Identify the areas that are unhealthier than the rest. After completing the assessment, ask yourself the following questions.

Questions:

1. What categories are you doing well in? What categories are you not doing well? Is there anything surprising to you?
2. In the areas you are not doing as well, go back and look at the questions you answered. Pay attention to the ones you scored the lowest. Is there a common thread? Is there one that you believe is having a greater impact than the rest? What needs to change?
3. What do you not know that you need to know? Is there a course, program, or mentor you can search out to help you in that area? What is your next step?
4. Who is going to hold you accountable as you begin to work in this area?

Personal Health Assessment: The Seven Streams of Health

Directions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light gray box to the left of the chart. This number is your score for that stream (out of 40).

SPIRITUAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
How I live my life shows that God is my highest priority.	1	2	3	4
I seek to hear and obey the voice of God.	1	2	3	4
I have surrendered everything in my life to God.	1	2	3	4
I read and mediate on God's word on a daily basis.	1	2	3	4
I spend time in prayer and invite God into my everyday activities.	1	2	3	4
I am the same person in public that I am in private.	1	2	3	4
I look for opportunities to share my faith with those who don't know Jesus.	1	2	3	4
I am active in my church on a weekly basis.	1	2	3	4
I have a place to serve in ministry and find fulfillment in serving.	1	2	3	4
My family is a part of my spiritual journey. We engage in family activities focused on our faith.	1	2	3	4
TOTAL				

Category Total	
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EMOTIONAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I find healthy ways to cope with stress (e.g. exercise, prayer, healthy relationships, rest, etc.)	1	2	3	4
I am able to ask for assistance when I need it, either from friends, family, coaches, pastors or professionals.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I am able to set priorities and focus on my goals.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and able to adapt/adjust to life's changes in a positive way.	1	2	3	4
I can express my feelings and manage my emotions in a healthy way.	1	2	3	4
I maintain a healthy balance of work, friends, family, school and other obligations.	1	2	3	4
I do not let my emotions get the better of me. I think before I act.	1	2	3	4
I have a healthy relationship with technology/social media.	1	2	3	4
TOTAL				

Category Total	
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PHYSICAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I manage my weight in healthy ways.	1	2	3	4
I exercise regularly.	1	2	3	4
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4
I seek advice from health care professionals if I have a health concern I cannot solve on my own.	1	2	3	4
I have a primary care doctor and follow through with my annual checkups.	1	2	3	4
I do not use or abuse harmful drugs (over-the-counter, prescription and illicit) or alcohol.	1	2	3	4
I do not participate in dangerous activities that can harm my body (sexual immorality, self harm, extreme sports).	1	2	3	4
I maintain a healthy diet that includes, protein, fruits and vegetables.	1	2	3	4
I stay hydrated and drink water throughout the day.	1	2	3	4
I manage stress well by creating habits to work through difficulties.	1	2	3	4
TOTAL				

Category Total	
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RELATIONAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I am genuinely open and honest with others (I can be myself).	1	2	3	4
I care deeply about others and look for ways to use my own resources (time, talent, treasure) to encourage or help those in my life.	1	2	3	4
I have found deep and meaningful connections with others in the church or community.	1	2	3	4
I have an easy time receiving advice, encouragement and correction from others.	1	2	3	4
I gather regularly with a group of Christians for fellowship and accountability.	1	2	3	4
There is nothing in my relationships that is currently unresolved.	1	2	3	4
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person.	1	2	3	4
I am consistent in my relationships .	1	2	3	4
I plan time with my family and friends.	1	2	3	4
People are important to me and I let those that I care about know how much they mean to me on a regular basis.	1	2	3	4
TOTAL				

Category Total	
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FINANCIAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I am faithful and consistent in my tithes and offerings.	1	2	3	4
I am able to set and stick to a budget each month so I don't run out of money.	1	2	3	4
I have a savings account and save money monthly.	1	2	3	4
I pay my mortgage/rent, credit cards, bills, etc on time.	1	2	3	4
I understand how to build and use credit wisely.	1	2	3	4
I can cover an unexpected expense without going into debt.	1	2	3	4
I have investments that I regularly make contributions to and it is accumulating wealth.	1	2	3	4
I feel good about my current and future financial situation.	1	2	3	4
I know my own net worth and am consistently looking for ways to increase my income streams.	1	2	3	4
I spend wisely and research options when making major purchases.	1	2	3	4
TOTAL				

Category Total	
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OCCUPATIONAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I am satisfied and fulfilled in my career.	1	2	3	4
I take advantage of opportunities to learn new skills that make me better at my job.	1	2	3	4
I know my job responsibilities and fulfill them with excellence.	1	2	3	4
I have a good work ethic and can be fully trusted (punctuality, dependability, initiative, integrity etc.).	1	2	3	4
I work well with others and have a good relationship with my coworkers.	1	2	3	4
I know what my time is worth and feel I am valued by my employer.	1	2	3	4
I know that my job is making a difference.	1	2	3	4
I see opportunity for advancement and am working towards it.	1	2	3	4
I manage my time at work effectively.	1	2	3	4
I am able to balance work, play, school and other aspects of my life.	1	2	3	4
TOTAL				

Category Total	
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MENTAL

	Disagree	Somewhat disagree	Somewhat agree	Agree
I am eager to learn and grow in knowledge.	1	2	3	4
I seek personal growth by learning new skills.	1	2	3	4
I read on a regular basis.	1	2	3	4
I look for ways to express my creative and critical thinking skills.	1	2	3	4
I am open to new ideas and welcome challenge and change.	1	2	3	4
I journal on a daily basis.	1	2	3	4
I keep vision before me.	1	2	3	4
I am able maintain focus and not get easily distracted.	1	2	3	4
I have mentors (personal/impersonal) that challenge and encourage me to grow.	1	2	3	4
When I encounter a barrier, I research practical and spiritual ways to overcome.	1	2	3	4
TOTAL				

Category Total	
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Personal Wellness Checklist

Directions: Write down your scores from each of the streams and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE
Spiritual		40
Emotional		40
Physical		40
Relational		40
Financial		40
Occupational		40
Mental		40

Which streams could you improve on?

Which streams are going “okay”?

Which streams are you having success in?
