



CHRISTIAN LEADERSHIP REFLECTIONS

PERSONAL REFLECTION GUIDE

Leading from the Beach

https://www.cccc.org/news_blogs/john/2016/08/18/leading-from-the-beach/

Reflection Questions

1. Take an honest look at your vacation history. Would you say your management of your vacation time has been a success?
2. Write down a list of activities that restore you. When was the last time you did each?
3. List the benefits of taking vacations that are most attractive to you. Review the list and then jot down some ideas for what you would do on a two-week vacation.
4. Create a plan which enables you to take a two-week vacation. This may involve some staff development, rearranging your scheduled meetings, or asking someone else to represent you. Plan to do whatever you need to do so that you are able to take the vacation.
5. In the short term, start taking a Sabbath rest each week.