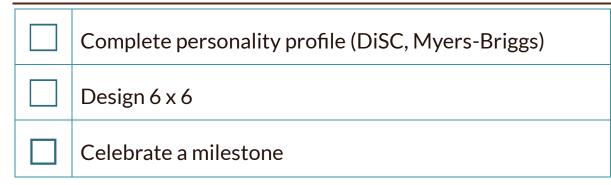


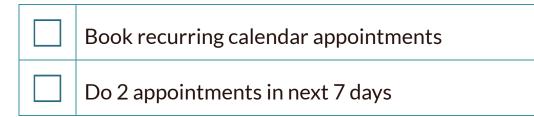
34 POINT CHECKLIST

SUSTAINABLE LEADERSHIP LIFE

1. ALIGN WITH YOUR UNIQUE PURPOSE



2. LEARN TO REFLECT, INTENTIONALLY



3. YOUR PHYSICAL WELL BEING





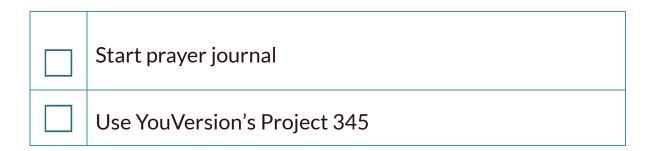
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Research stand up desk

4. REST AND RECREATION

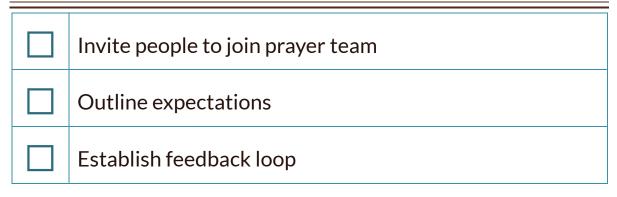
Diarise weekly, work free day off
Experiment with turning your phone off
Book 3-week holiday
Audit your positive distractions
Meal with friend

5. PERSONAL WALK WITH CHRIST

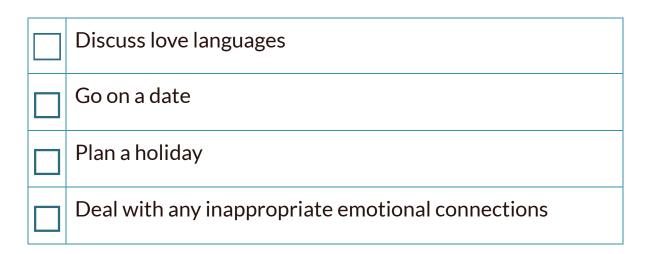


CHURCH MEMBER'S HUB

6. PRAYER SUPPORT



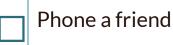
7. BUILD A RESILIENT MARRIAGE



8. FAMILY AND FRIENDS







9. PRODUCTIVE WORK PRACTICES

Diarise blocks of time
Experiment no email before Midday
Delete email apps
Try Trello

10. HOW TO DEVELOP EMERGING LEADERS

Setup a budget
Open a savings account
Lower your debt