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# 34 POINT CHECKLIST

## SUSTAINABLE LEADERSHIP LIFE

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### 1. ALIGN WITH YOUR UNIQUE PURPOSE

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|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Complete personality profile (DiSC, Myers-Briggs) |
| <input type="checkbox"/> | Design 6 x 6                                      |
| <input type="checkbox"/> | Celebrate a milestone                             |

### 2. LEARN TO REFLECT, INTENTIONALLY

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|--------------------------|--------------------------------------|
| <input type="checkbox"/> | Book recurring calendar appointments |
| <input type="checkbox"/> | Do 2 appointments in next 7 days     |

### 3. YOUR PHYSICAL WELL BEING

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|                          |                              |
|--------------------------|------------------------------|
| <input type="checkbox"/> | Start/reset exercise program |
| <input type="checkbox"/> | Reset your sleep patterns    |
| <input type="checkbox"/> | Give up sugar for 7 days     |

|                          |                        |
|--------------------------|------------------------|
| <input type="checkbox"/> | Research stand up desk |
|--------------------------|------------------------|

## 4. REST AND RECREATION

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|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Diarise weekly, work free day off      |
| <input type="checkbox"/> | Experiment with turning your phone off |
| <input type="checkbox"/> | Book 3-week holiday                    |
| <input type="checkbox"/> | Audit your positive distractions       |
| <input type="checkbox"/> | Meal with friend                       |

## 5. PERSONAL WALK WITH CHRIST

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|--------------------------|------------------------------|
| <input type="checkbox"/> | Start prayer journal         |
| <input type="checkbox"/> | Use YouVersion's Project 345 |

## 6. PRAYER SUPPORT

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|                          |                                   |
|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Invite people to join prayer team |
| <input type="checkbox"/> | Outline expectations              |
| <input type="checkbox"/> | Establish feedback loop           |

## 7. BUILD A RESILIENT MARRIAGE

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|                          |   |
|--------------------------|---|
| <input type="checkbox"/> | Discuss love languages                            |
| <input type="checkbox"/> | Go on a date                                      |
| <input type="checkbox"/> | Plan a holiday                                    |
| <input type="checkbox"/> | Deal with any inappropriate emotional connections |

## 8. FAMILY AND FRIENDS

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|                          |                                |
|--------------------------|--------------------------------|
| <input type="checkbox"/> | Establish daily family meal    |
| <input type="checkbox"/> | Establish family night         |
| <input type="checkbox"/> | Diarise Saturday as family day |

|                          |                |
|--------------------------|----------------|
| <input type="checkbox"/> | Phone a friend |
|--------------------------|----------------|

## 9. PRODUCTIVE WORK PRACTICES

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|--------------------------|-----------------------------------|
| <input type="checkbox"/> | Diarise blocks of time            |
| <input type="checkbox"/> | Experiment no email before Midday |
| <input type="checkbox"/> | Delete email apps                 |
| <input type="checkbox"/> | Try Trello                        |

## 10. HOW TO DEVELOP EMERGING LEADERS

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|--------------------------|------------------------|
| <input type="checkbox"/> | Setup a budget         |
| <input type="checkbox"/> | Open a savings account |
| <input type="checkbox"/> | Lower your debt        |