

INTENTIONAL GROWTH IN THE CIRCUIT BREAKER

Effective leaders know how to make the most of every situation or maximise the time that they have. Even in a season where it feels like everything has been paused, we can still have an intentional growth mindset and come out of this season with an enlarged capacity! Here are 5 simple tips for building strength during this stay-home period.

1. PHYSICAL

- Establish a routine for physical fitness, e.g, walking, jogging, cycling, or doing home workouts.
- As we are less active, we'll want to monitor our diet and stick to having meals at proper timings.
- Go to bed on time – don't be tempted to stay up late to binge on Netflix because we can simply sleep in the next day.

2. INTELLECTUAL

- Set a goal to finish a book or two by the end of circuit breaker! Books are an incredible avenue of growth.
- Read books that will increase our faith or sharpen our leadership.
- Watch informational TV programs to expand your knowledge on new topics eg. National Geographic, history, and documentary channels.
- Expanding our knowledge-base gives us more avenues to connect with people.

3. EMOTIONAL

- Engage in activities that will help with our emotional health and keep our mind off the daily barrage of bad news about the global pandemic!
- Stay purposeful and useful. Eg. Continue to meet online for discipleship.
- Look beyond our own needs. Check in and care for others!
- Pick up a new hobby or interest!

4. SOCIAL

- Social distancing is not relational distancing. Stay connected with friends through online chats and phone calls.
- Be a friend and encourager to someone. Perhaps some others may need the social connection more than we do! Pray with them over the phone.
- Prioritise and make time for community! Whether it's through watch parties, or video calls, building community is more important than ever before.

5. SPIRITUAL

- Make the Sunday livestream (at 10am, 12noon and 2pm) and Wednesday prayer (at 8pm) a priority!
- Maintain spiritual discipline. With the 'extra' time we have, we can spend it on building our prayer lives and edifying our souls.
- Be careful what we fill our minds with. Identify a verse each day and meditate on it. Better still, memorise it!