

MODULE 4 | SESSION 30

4 Critical Gauges for Your Life and Work

One thing you can't hide - is when you're crippled inside. ~ John Lennon

In this Module, we are looking at how to Measure, Track, and Celebrate progress to consistently maximize your influence and impact.

Have you ever found yourself in a funk? You love your work, you've got a great team, you're even making progress – but you're just in a funk.

4 Critical Gauges for Your Life and Work

1. _____ **Gauge.** Here are several questions to assess physical health:

1. How many times have I exercised the past two weeks?
2. What has my diet been the past few weeks?
3. What habits have I developed that are destructive to my body?
4. Am I having regular dental and physical checkups?
5. What have I done this week to be well and healthy?
6. Am I sleeping through the night?

2. _____ **Gauge.** Here are several questions to assess mental preparedness:

1. What have I put into my brain this week?
2. What do I regularly watch? Listen to?
3. What am I currently reading?
4. Who am I allowing to speak into my life?
5. Are these things positive or negative influences on my mind?

3. _____ **Gauge.** Here are several questions to assess spiritual health:

1. What have I done this week to improve my personal relationship with God?
2. How often and for how long did I read my Bible?
3. How often have I prayed this week?

4. What am I doing in my relationship with God that is new?
5. When is the last time I allowed God to move in an extraordinary way in my life?
6. What are my spiritual goals? What do I want God to do in my life and family?
7. Who do I have that is regularly speaking truth into my life?
8. What have I done to mentor my children spiritually this week?

4. _____ **Gauge.** To assess emotional health, ask:

1. Do I not want to relate to people right now?
2. Do I feel like I just need to get away?

The Emotional Gauge is the only gauge you can't directly control.

The Emotional Gauge is a byproduct (or indicator) of the health of the other three gauges.

Fast Action Steps

1. Evaluate each gauge in your life, work, and leadership. How are you doing:
 - a. Physical Gauge?
 - b. Mental Gauge?
 - c. Spiritual Gauge?
 - d. Emotional Gauge?
2. What one step can you take to improve in one of these areas?
3. Take that step today.