

Keys to Unlocking the Power of Your Leadership Energy

Some leaders seem to bring more energy to the mix than others.

Leadership energy is more about intentionality than personality. Yes, some leaders have bigger personalities than others, but there is much more to leadership than charisma, “woo” and persona. In fact, personality alone can be detrimental to enduring leadership.

Many great leaders are reserved, introspective or introverted. Again, it’s not about personality; it’s more about making something happen. Great leaders don’t just get things done, they make things happen. There is a big difference. Being a closer – that is successfully finishing what you start, is a vital part of successful leadership, but *making things happen* is the action that triggers momentum.

The flashing yellow caution light is about leaders who are willing to coast in the wake of other leader’s energy and effort. Those who are willing to let the rest of the team carry the weight of anything from prayer and deep thinking, to making that one extra phone call, does not help the team. In fact, over time, they hurt the team.

The Apostle Paul writes about his energy as a leader.

²⁷ To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory. ²⁸ He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. ²⁹ **To this end I strenuously contend with all the energy Christ so powerfully works in me.**

Colossians 1:27-29

Paul makes three things clear.

1. The purpose is proclaiming Christ, and helping followers become mature.
2. Paul gives it all he’s got. (strenuously contents, with ALL his energy)
3. The source of energy is Jesus.

This is how we know the playing field is more equal than personality alone would reveal. It is Christ working in and through us. That is the starting place for all of us.

Then what parts are up to you and me?

What can you do to activate the fullness of the energy that God places in you?

6 questions to help you maximize your leadership energy:

1) Are you all in?

Do you love your role and responsibility as a leader? If you are on staff, are you called and passionate or is it just a job? Can those around you count on you or are you quietly holding back, watching, and letting others carry the load?

It's impossible to maximize your effort and energy if you are not all in where you're at. Jump in all the way, commit! If there is a risk, it's all in your favor!

2) Are you fighting any distractions?

We all face distractions. They might be financially related, about a difficult relationship, or health oriented. The list of possibilities is long. Distractions must be intentionally battled. They never go away by themselves.

Temporary distractions are commonplace, and you can usually handle them. But long-term distractions often require help to resolve. Give the things you can't control to God, and take action to shut down the distractions you can.

3) Are you in the right place?

Are you serving in the right place? I'm not suggesting that you make a change. But if you are uncertain that you are leading in the right environment for you, you will hold back and not leverage your full capacity.

[You can't lead with full energy if you lack confidence you are on the right team.](#) If you are not certain, get wise counsel and decide.

4) Are you physically in shape?

You don't need to eat Paleo, flip tires, and bench-press Buicks to be in good shape for your age and body type. But it is important to keep active. Choose something you like that is easily accessible, and stick with it. Think decades, not New Year's resolutions.

If you are exercising regularly, great, keep it up. If you are more sedentary than you would like, do something simple. Take a walk. Just go out your front door, and keep moving. If you walk briskly for 40 minutes 4 times a week, it will have a fantastic impact on your overall well-being and energy level.

5) Is your mental attitude positive?

There is a great truth about the difference between your cup being half empty or half full. Think about it. Who do you like being around more? Negative people or positive people? Negative

people are draining. But the surprising truth is that the person they drain the most is themselves.

The wonderful news here is that your attitude is a choice!

6) Is your personal life in order?

You may not be able to resolve a struggle at home quickly, but progress increases hope and thereby increases your energy for everything you do.

It may be as simple as an apology, or perhaps formal counseling is needed, or maybe it's intentional time with your kids. Take the first step toward progress today.

> [Read more from Dan.](#)
