

LEAD WELL

KNOWLEDGE

WISE BRAVE STRONG

SUMMARY

I am strong,
because I have been weak

I am fearless and brave,
because I have been afraid

I am wise,
because I have been foolish

REFLECTION

Humility is a characteristic of good leaders. They can have empathy for those who may be struggling because they can remember a time when perhaps they felt the same way. It can be encouraging to remember how far you have come. The things that may have been too heavy before, you now can handle. Things that were scary aren't so scary now. Mistakes or failures of the past can be great teachers helping us become wise.

ACTIONABLE ITEMS

- Write down an area you used to be weak and now you feel strong, and an area you used to be afraid yet aren't anymore, and an area where you were foolish yet now wise
- Write down an area where you may feel weak, afraid, or foolish right now. How can your past experiences or people help you get perspective on these areas?