

# **Title:** *Leading on Empty*

**Author:** *Wayne Cordeiro*

**Topic:** *Leadership/Burnout*

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## **Summary:**

*Leading on Empty* deals with important heart issues in ministry and leadership. Wayne shares his experiences with burnouts as well as stories of other ministry leaders. Burnout is tragic and often affects many people, not just the person burning out. In this book, Wayne shares practical and strategic insight, much of which he learned the hard way. There is much we can do now to prevent burnout. Much of this involves, living intentionally, resting, doing the things you enjoy with the people you enjoy, and living an overall healthy life. The importance is in doing it NOW, before you have to.

## **Key Take-aways:**

- *“No one will monitor your energy level or your personal and emotional health.”*
  - Only we can monitor our output and input levels. People are needy and have high expectations, but it is one of our jobs to simply say no.
- *Rest renews hunger and hunger is what keeps us focused on growing and moving forward.*
- *A leader doesn't accidentally avoid burnout. It is an intentional process that we must plan, assess, and focus in on as leaders.*
  - Ch. 10 – The 12 dashboards.
- *Lead yourself. Start there and move out. Next is your family.*
- *Learn what fills and rains your tank as well as that of your spouse, and it could save you years of sleeping in the doghouse-not to mention strain on your ministry.*
- *We have a top 5% that we need to focus on!*
  - These are the things that only you can accomplish!
- *A major sign in burnout and depression is a growing separation between your private life and your public life.*

## **Key Chapters/Sections:**

- *Chapter 8: 7 Hard-Learned Lessons*
  - *DO NOT OVERPRODUCE*
  - *STEWARD YOUR ENERGY*
  - *REST WELL, MY FRIEND*
  - *EXERCISE YOUR WAY TO RECOVERY*
  - *EATING YOUR WAY TO A GOOD LIFE*
  - *RECHARGE DAILY*

- *FIGHT FOR YOUR FAMILY*
- *Chapter 10: Intentional Life*

**Was this book helpful?**

This book was extremely helpful. I feel rejuvenated after reading it. It puts things in perspective, coming from a very experienced pastor and ministry leader. Honestly, I have felt some of the “warning signs” and often lack vision and passion to keep moving forward. This book, I feel, has great potential in helping me go the distance in ministry, as well as in marriage, family, and life. I definitely recommend this book!

**What area (life/ministry/family/marriage/etc.) will this book affect?**

I think this book affects every aspect and area of my life. Directly, ministry, as it involves how I handle daily tasks and the breaks that I take in sustainability and longevity in ministry. But, it all starts in my life, in my home, in my marriage, and eventually, in my family.

**How will you apply it?**

- *Plan/Schedule a “Personal Retreat Day” where I intentionally look at my life, evaluating where I have been, where I am at, and where I am going.*
- *Work out 12+ days/month at the Family Wellness Center*
- *Schedule time with friends or with Taylor doing the things I enjoy*