


# Handout: How Leaders Can Get Out of a Rut

## Recognizing the Rut

Before you can overcome stagnation, identify the signs:

- ✓ Lack of motivation
- ✓ Decline in performance
- ✓ Emotional burnout
- ✓ Spiritual dryness
- ✓ Lack of innovation
- ✓ Repeating the same routines without progress

 **Key Scripture:** *“For everything there is a season, and a time for every matter under heaven.”* (Ecclesiastes 3:1)

## Steps to Break Free

### 1. Reconnecting with God’s Vision

- Pray for clarity (James 1:5)
- Reflect on past promises
- Read biblical stories of overcomers

### 2. Resetting Your Mindset

- Revisit your purpose
- Shift from problem-focused to solution-focused thinking
- Identify challenges and solutions

### 3. Refreshing Your Leadership Approach

- Reevaluate leadership style
- Seek wise counsel (Proverbs 11:14)
- Empower your team

#### **4. Re-Evaluating and Adjusting Strategies**

- Assess what's not working
- Seek honest feedback
- Identify stagnation points

#### **5. Reigniting Passion for Your Work**

- Revisit your "why"
- Take a strategic break
- Celebrate small wins

#### **6. Creating New Habits and Routines**

- Eliminate distractions
- Build daily momentum
- Commit to small, daily improvements

#### **7. Developing a Plan for Breakthrough**

- Set clear short-term goals
- Create a daily success routine
- Implement new business strategies

#### **8. Taking Bold Action**

- Overcome fear and perfectionism
- Introduce one new initiative
- Expand into new opportunities

#### **9. Strengthening Your Faith and Community**

- Join a Christian business network
- Serve in a church ministry
- Learn from others through books, podcasts, and events

#### **10. Trusting God in the Process**

- Surrender control to God (2 Corinthians 5:7)
- Speak life over your business
- Remain patient and trust His plan

#### **Reflection:**

Write down three commitments you will make today to break out of your rut.

# Worksheet 1: Identifying Your Rut

## Self-Reflection Questions

1. Which of the **rut signs** (lack of motivation, burnout, etc.) are you experiencing?
2. What is one **area** in your leadership that feels stuck?
3. When was the last time you felt **excited and motivated** in your leadership? What changed?

## Action Plan

- ◆ Write down **one area** you want to improve: \_\_\_\_\_
- ◆ List three **small steps** you can take today:

- 1.
- 2.
- 3.

# Worksheet 2: Reigniting Your Leadership Purpose

## Reconnecting with Your “Why”

- ◆ Why did you start this leadership journey? \_\_\_\_\_
- ◆ What **impact** do you want to make? \_\_\_\_\_
- ◆ What excites you about leading? \_\_\_\_\_

## Affirmations (Write your own or use these examples)



*"God has a purpose for me, and I am walking in His plan."*



*"I am capable of leading through challenges with faith and wisdom."*



*"Every challenge I face is an opportunity for growth."*

# Worksheet 3: Resetting Your Mindset

## Shifting from Problems to Solutions

1. Identify a challenge in your business or leadership: \_\_\_\_\_

2. What are **three possible solutions** to this challenge?

○

○

○

3. Who can you **seek wisdom from** (mentor, coach, team member)?

\_\_\_\_\_

# Worksheet 4: Taking Bold Action

## Developing a Breakthrough Plan

1. What **one bold step** will you take in the next 60 days? \_\_\_\_\_
2. What **fears or obstacles** do you need to overcome? \_\_\_\_\_
3. Who will hold you **accountable** for this step? \_\_\_\_\_

# Worksheet 5: Strengthening Faith & Community


## Building a Support System

1. Who are **three people** that encourage and challenge you spiritually and professionally?
  - ☐
  - ☐
  - ☐
2. What **Christian business group** or **faith-driven network** can you join?
  - ☐
3.
  - ☐

## Final Commitment Page

 **Write three personal commitments you will take from this session:**

- 1.
- 2.
- 3.

 **Key Verse to Remember:** *“Commit your works to the Lord, and your plans will be established.”* (Proverbs 16:3)