



**TOPIC:**  
Self-Leadership/  
Replenishment

## HOW DO YOU STAY ENERGIZED AND REPLENISHED?

# 25

### Wayne Cordeiro

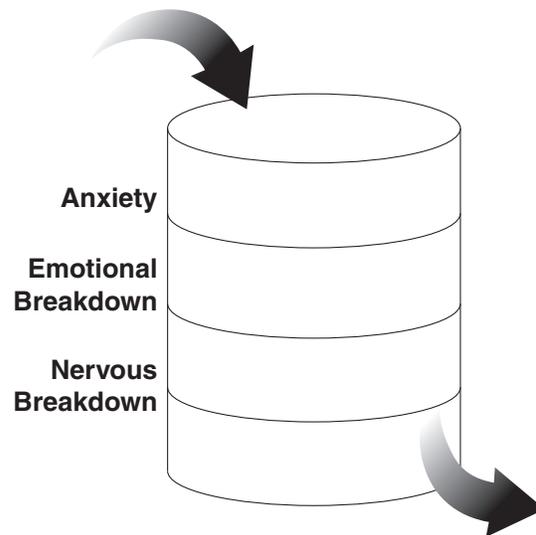
Founder and Senior Pastor,  
New Hope Church (Honolulu, Hawaii)

### VIDEO SUMMARY:

In this clip, Wayne Cordeiro addresses the unhealthy pace at which leaders are prone to live. He offers several principles for sustainable living beginning with increasing your self-knowledge of what fills and drains your energy tank.

### DISCUSSION QUESTIONS:

1. Think about your life right now. Mark an X on the image below to reflect the current level of your energy tank.



2. Share your placement with your team. Why do you find yourself in this place? What symptoms are you experiencing?



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3. On your own, take a few minutes to identify the things that fill your tank and the things that drain your tank. Then, share your insights with your team

Things that fill my tank	Things that drain my tank

4. Discuss the ways your team mates could help each other maintain a schedule of regular replenishment.

- Daily?
- Weekly?
- Monthly?
- After a particularly draining season?

5. Share with your team a life-giving activity that you can insert into your schedule this week. Put it on your calendar and keep each other accountable to following through.