

**TOPIC:**  
Self-Leadership/  
Work-Life  
Balance

# HOW DO YOU BALANCE WORK AND LIFE?

# 25

**Bishop T.D. Jakes**

*Founder and Senior Pastor,  
The Potter's House*

**VIDEO SUMMARY:**

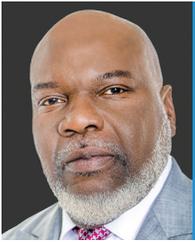
In this clip, Bishop Jakes shares how he manages all the different leadership ventures he is undertaking and how leaders can move multiple projects forward at once. He also shares his experience with the reality of fatigue and the importance of rest.

**DISCUSSION QUESTIONS:**

1. Bishop Jakes maintains forward movement in each area of his leadership by focusing on one area at a time, never neglecting the same area twice. Think about your life over the next month. Fill out the chart below, listing the different roles you play in your work and personal life, the actions necessary to succeed in each role and the people who can help you fulfill that role.

When you are done, share your insights with your team.

Leadership role	Actions necessary for success	People who can help



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2. Jakes said that the key to being able to juggle many leadership responsibilities is to have the right people in place to help you fulfill each role. Do have the right structures to be able to help you manage all the leadership roles you manage?
  
  
  
  
  
  
  
  
  
  
3. Jakes compared leading to juggling in that a leader needs to touch each area long enough to influence it, but not so long that they hold on to it. Identify one area of your leadership where you might be holding on too tight and discuss the following questions with your group:
  - What reasons am I holding onto this area? How long do you anticipate you will need to do so?
  
  
  
  
  
  
  
  - Are you possibly taking more responsibility for it than you should?
  
  
  
  
  
  
  
  - What do you need to do in order to release control of that area and gain balance in your life?
  
  
  
  
  
  
  
  
  
  
4. As a team, discuss how you might support each other in releasing control or delegating responsibility to achieve better work-life balance.