

Lead Yourself

Lesson 2-1: Introduction & Your Relationships

Discussion Guide – Confidentiality Reminder

One Word Check-in

Update – Personal, Business, Leadership

"It's better to have a partner than go it alone. Share the work, share the wealth. And if one falls down, the other helps, but if there's no one to help, tough! By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped." Ecclesiastes 4:9-10, 12 (MSG)

You have to lead yourself before you can lead others. Regardless of where you are in your career, you are the CEO of you – and the daily decisions you make greatly impact every area of your life. Welcome to our lesson series, "Lead Yourself." Each lesson in this series begins by asking you to give a one- to two-minute update on your personal life including your marriage and family, how your business is doing and the health of your leadership. Let's begin today's lesson with updates from everyone.

The below seven aspects of our lives can bring meaning or misery to us. The focus of this lesson series will be on leading ourselves in each of these areas in order to improve the direction of our lives:

- Your Relationships
- Your Family
- Your Work
- Learning
- Your Health
- Your Finances
- Knowing God

Today we will focus on the importance of leading your relationships. Since the late 1800s, scientists have conducted exhaustive studies on the need for deep and meaningful human relationships. The COVID crisis made our need for relationships apparent as we experienced first-hand what it was like to live in isolation apart from community. Many of us longed for things to get back to normal. Hopefully, today you have begun to reinvest in your relationships. The benefits of maintaining positive relationships include:

- Extending your life
- Improving your physical health
- Lowering anxiety and loneliness
- Emotional support promoting better behaviors
- Bringing greater purpose to your life

Shared Experiences:

- What advice do you have about moving from superficial relationships to deep and lasting friendships? How have you applied this?
- Describe a tough time in your life. Did a friend show up to support you?
- Can someone share a time when they were a poor friend? What did you learn from that experience?
- How have some of you sought or invested in relationships with each other? Do you see co-workers as a fruitful opportunity for deeper relationships?
- Can a person have a strong relationship with God while at the same time having poor personal relationships?

Bottom line: The more friends that you have, the stronger you are. God places people in your path each day that need a friend. The friends, family, customers and coworkers that we have been given are not there by accident but represent a relational mandate that will bring more purpose to your life.

If you want a friend, you must be a friend!

One Word Check-out

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Dig Deeper

Want to learn more?

- *Article:* [5 Benefits of Healthy Relationships](#) from Northwestern Medicine
- *Article:* [Psychological Consequences of Social Isolation During COVID-19 Outbreak](#) by Giada Pietrabissa and Susan G. Simpson published in Frontiers in Psychology
- *Video:* [Connect or Die: The Surprising Power of Human Relationships](#) by Starla Fitch for TEDxFargo. She tells an inspiring story about someone dying of cancer.
- *Video:* [My philosophy for a happy life](#) by Sam Berns for TEDxMidAtlantic. This is a very powerful story of a 17-year-old high school student with a terminal disease.
- *Article:* [Want to Live Longer? Get Some Friends](#) by Rachael Rettner published July 27, 2010, in Life Science
- *Article:* [Strong Social Connections Linked to Better Health](#) by Agata Blaszczyk-Boxe published January 04, 2016, in Life Science