

## Building Leadership Development Habits

Charles Duhigg in his book *The Power of habit* says, "A habit is a formula our brain automatically follows." It's something you do that's on autopilot. But one of the most important things to understand about a habit is you have to build it. It's not automatic. We have to cross what I call the Discipline to Habit barrier. First, we have to develop discipline, discipline is something we do willingly, consciously and intentionally, but not automatically. The more we do it, it becomes ingrained in us and over time it moves from being a Discipline to being a Habit. It becomes automatic to us.

The practice of developing leaders is typically not something most people would say is a habit for them. But if you want to see an abundance of talent and a deep bench in the leadership pipeline of your church it will require specific consistent behaviors to make it happen.

[In this video](#), I share 6 habits you can build that will impact your ability to develop more leaders for your leadership pipeline. I'll share the habit, but then give you an action step with each so you can begin to do them as disciplines but eventually build these into habits over time.

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I would love to hear your comments on this topic so please comment below. Share the LINK for this video with your team and use the questions below in your next meeting.

LINK: <https://youtu.be/0yulriR5TZw>

Discussion Questions:

1. Which of the 6 Habits comes most naturally to you?
2. Which of the 6 habits do you need to develop into your leadership? What impact would it have if you became consistent with that habit?
3. What stood out to you the most from this video?
4. What one action step could you take that would make the biggest difference in your leadership development efforts?

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