Growing as a Disciple of Jesus

Using the 3 Vital Questions® to turn learning into daily practice.



"I believe that we are here for each other, not against each other. Everything comes from an understanding that you are a gift in my life – whoever you are, whatever our differences."

—John Denver

Presented by

JOHN BENTLEY
Power 2 Transform

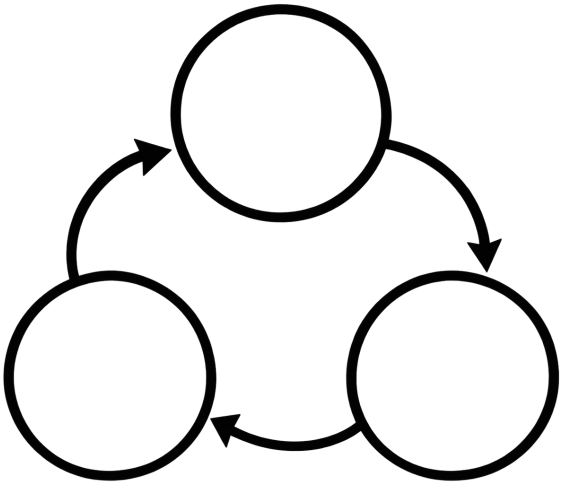
1. Where is my **FOCUS***?*
   - Are you focused on problems or outcomes?

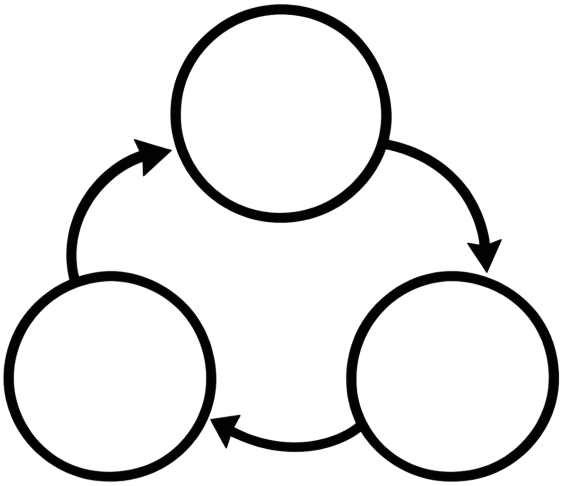
2. How am I **RELATING***?*
   - How are you relating to others, your experience, and yourself?
   - Are you producing or perpetuating drama or empowering others and yourself to be more resourceful, resilient and innovative?

3. What **ACTIONS** will I take?
   - Are you merely reacting to the problems of the moment or taking creative action (including problem-solving) in service to outcomes?

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VQ1. Where Is My FOCUS? 2





_____ Orientation	_____ Orientation
• Think of a recent situation where you reacted. • What were your thoughts, feelings, and behaviors? • What did you say to yourself or others?	• Think of a recent situation where you felt inspired or energized. • What were your thoughts, feelings, and behaviors? • What did you say to yourself or others?

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CURRENT REALITY

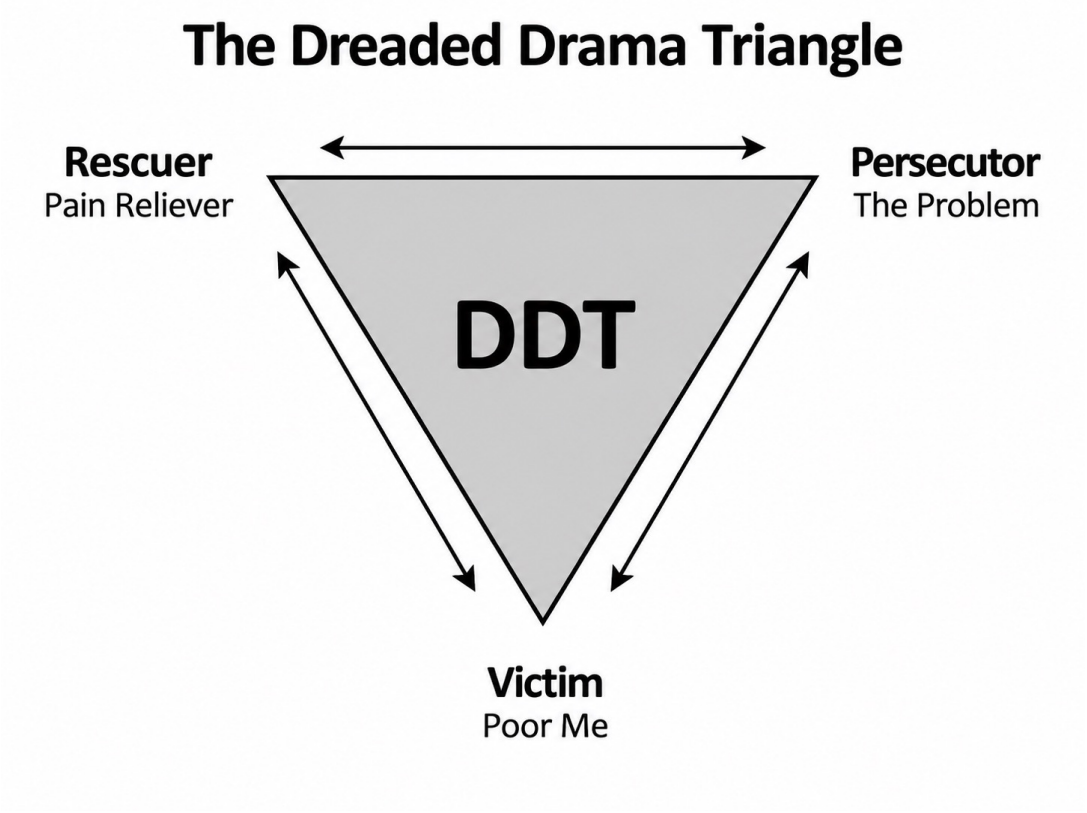
I want to grow as a disciple of Jesus, but I'm not always sure how to put His teachings into practice in my daily life.

DESIRED OUTCOME

I am growing as a disciple of Jesus, reading and studying Scripture with understanding and putting His teachings into practice in my daily life.

What would we see, hear, or measure that shows we are working as one hospital leadership team?

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Step into the **Victim** role and respond to the **Current Reality** on the screen:

- What are you thinking / saying?
- How are you feeling?
- How are you behaving?

_____

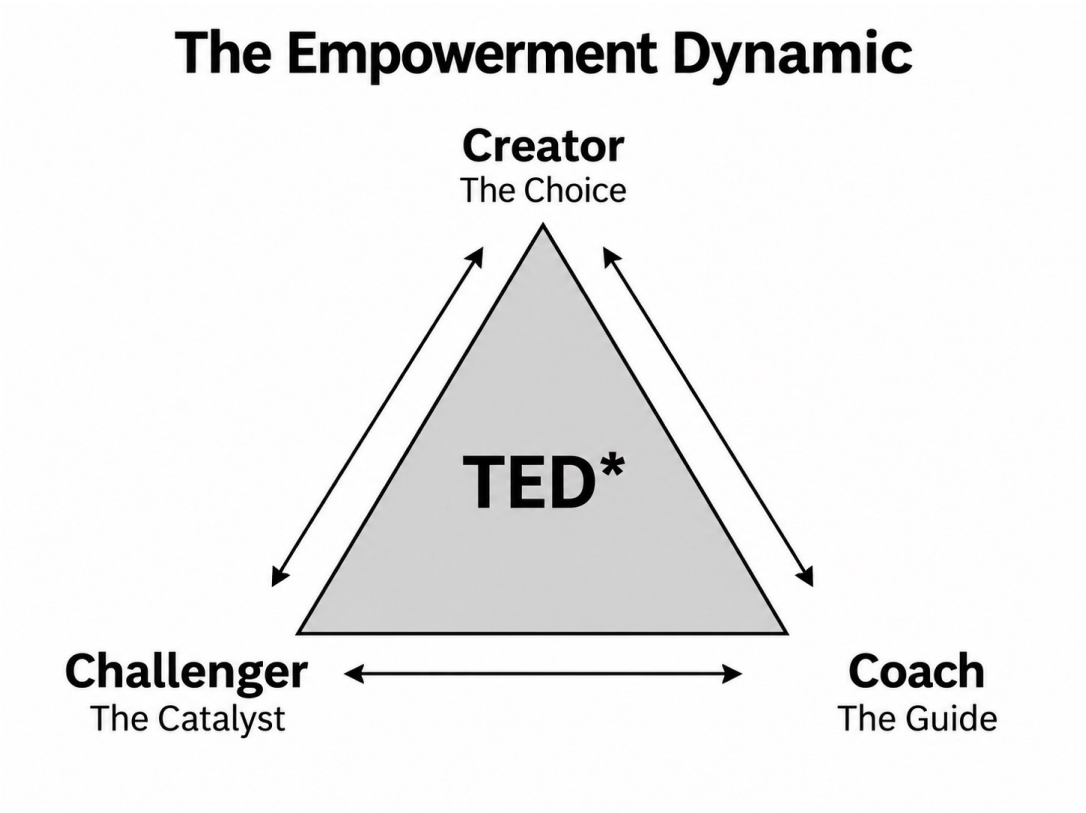
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Step into the **Creator** role and respond to the **Current Reality** on the screen:

- What are you thinking / saying?
- How are you feeling?
- How are you behaving?

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1. DESIRED OUTCOME

I am growing as a disciple of Jesus, reading and studying Scripture with understanding and putting His teachings into practice in my daily life.

2. CURRENT REALITY

I want to grow as a disciple of Jesus, but I'm not always sure how to put His teachings into practice in my daily life.

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3. What's Happening That SUPPORTS Your Desired Outcome?

4. What's Happening That INHIBITS Your Desired Outcome?

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5. Identify Baby Steps

What could you or might you do to begin to move current reality closer to your desired outcome?

These should be small, actionable steps that are doable. Ask yourself: What actions, thoughts or beliefs, etc. can I **STOP, START, CHANGE, or KEEP** doing?

STOP

START

CHANGE

KEEP

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VQ3. What ACTIONS Will I Take? 8

List 1–3 BABY STEPS you can start within the next 30 days that are actionable, 100% yours to do, and move you from problem focus to outcome focus.

ACTION	GOAL COMPLETION DATE	INTENDED OUTCOME

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