

SERVANT LEADERSHIP

HEART CHECK

Self-reflection can be a challenge at the best of times: it is a skill that often needs to be learnt, yet is capable of revealing the truth of our heart. Self-reflection enables us to see where we have come from and where we are going. It takes personal patience, honesty and often silence. This Gentle Teaching Theme focuses on the heart of the support.

Through various questions, it is our desire that teams will create opportunities to have 10-15 minutes of quiet reflection. As this time is allowed, work through the questions below: provide written reflection where you see fit, but be sure to come back to the group ready to share some insight.

“Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.”

-Margaret J. Wheatley

- 1** Over the course of the past six months, what has been your greatest personal struggle? What has been your greatest personal joy?
- 2** How have these experiences shaped your outlook on life? Have they been proactive, causing you to push forward or have they been distracting and detrimental?
- 3** Think about the hardest day that you have had supporting: What was difficult about that day? If you could rewind time, how would you have responded differently?

“We are fairly safe on this earth. We have a chance to examine who we are and how others see us. Care giving is about us. It is how the marginalized people whom we serve see us. Before concerning ourselves further with the needs of those whom we serve, we should pause for a while and look at ourselves. If change is to come, it has to start with us. We have to reflect on basic values and care-giving practices that might be quite different from what we are accustomed to. Instead of individualism, we have to think about companionship and community; instead of compliance, we have to focus on human engagement; instead of control, we have to think about the mutual trust that love brings. We need to look at our own interactions before worrying about how to change someone else’s behavior.”

-John McGee, ‘Mending Broken Hearts’ (pg.22)

“By three methods we may learn wisdom: First, by reflection which is the noblest; second, by imitation, which is the easiest; and third by experience, which is the bitterest.”

-Confucius

- 4 While Gentle Teaching’s pillars are safe, loved, loving and engaged, its’ roots run much deeper—spend some time thinking about how Gentle Teaching affects your life beyond supporting in homes. What is one thing about Gentle Teaching that resonates with you? What is something about it (GT) that you wrestle with/ struggle with?
- 5 Over the course of the past six months, in what ways have you grown as a person; as a support and as a friend? (Think about your character, your approach and your intentionality).
- 6 While it is not intended to be morbid, if you were to pass away today how would you be remembered (by friends, those you support, family members and coworkers)? How would you like to be remembered? In order for the two to align, what needs to change? What are some strides that you can set for the months to come?