



Leadership Advent

This holiday season, take a moment to reflect on the qualities that sustain and inspire us through life's challenges.

- **HOPE** reminds us that even in the hardest seasons, brighter days lie ahead. Whether it's recovering from personal or professional setbacks, hope gives us the courage to keep going and rebuild.
- **PEACE** comes not from achieving perfection but from learning to embrace stillness and listen to what our soul truly needs. It's in the quiet moments of rest and reflection that we find renewal.
- **JOY** can be rediscovered when we choose to remember the moments that have shaped us—both big and small. Revisiting the triumphs of the past can inspire us to face the future with gratitude and confidence.
- **LOVE** calls us to let go of the desire to hold onto fleeting perfection. By embracing change, we grow and prepare for what's to come, leading with courage and faith.

As you journey through this advent season, let hope, peace, joy, and love guide your path—whether you're leading yourself, your family, or your organization. Together, these virtues help us navigate life's transitions with grace and purpose.

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Advent is a time to pause and reflect, to remember the hope that anchors us, the peace that calms us, the joy that uplifts us, and the love that sustains us. Reflection during this season isn't just a tradition—it's a reset for the soul, a chance to align our hearts with the things that truly matter.

Brandon Pinkerton

Week 1 - Hope

REFLECT

What's the current "soil condition" of your heart? Are you open and fertile, shallow and distracted, calloused, or too busy? Write down one habit or mindset that might be limiting your growth as a leader.

Consider one area in your life or organization where you can intentionally "plant seeds" of leadership or encouragement today.

Think about someone in your life who shows promise and a willingness to grow. How can you invest in their potential?

ACT

- Commit to a small change to address your one habit or mindset that might be limiting your growth as a leader.
- Share a word of encouragement, provide guidance, or express gratitude to someone in your circle, regardless of the "soil" they present.
- Schedule time to mentor or support someone in your life who shows promise and a willingness to grow, offering a resource or piece of advice to help them on their journey.

Week 2 - Peace

REFLECT

What's your current daily rhythm. Are you giving yourself time to truly stop and be still?

Where you are placing unrealistic expectations on yourself—in work, home, or even in rest. What can you let go of?

When was the last time you allowed yourself to recover without an agenda? What would intentional recovery look like for you?

ACT

- Set aside 10 minutes today to sit in silence without any distractions—no phone, TV, or tasks. Simply listen to your thoughts and notice how you feel.
- Write down one expectation you are willing to release this week. Take a tangible step to adjust or remove it from your routine.
- Plan a small recovery moment this week—whether it's a quiet walk, a book, or simply sitting outside. Let it be unstructured and free of goals.

Week 3 - Joy

REFLECT

What is a recent success, big or small, that you haven't properly celebrated?

Think back to the beginning of a significant journey in your life—starting a job, building a relationship, or launching a project. What details or emotions stand out?

As a leader (in work, family, or community), how often do you encourage others to reflect on shared accomplishments or challenges?

ACT

- Take a moment to acknowledge a milestone with a small act of celebration—whether it's sharing the story with a friend, journaling about it, or doing something special to mark the moment.
- Share a memory with someone today. Reflect on how far you've come since that starting point.
- Organize a brief "memory share" in your next meeting or gathering. Ask everyone to share one positive story or memory that shaped your group's journey.

Week 4 - Love

REFLECT

Think of a time when you resisted change but later realized it was necessary for growth. What did you learn?

Are there any areas in your life or organization where things feel "stale" or uninspired?

What is one "season" in your life you wished could last forever? What made it so meaningful?

ACT

- Write down one change you've been avoiding, and take the first small step to move forward today.
- Identify one area where you can introduce something new—whether it's a fresh perspective, technology, or routine.
- Share that memory with someone and consider how you can bring elements of that joy into your present life.

