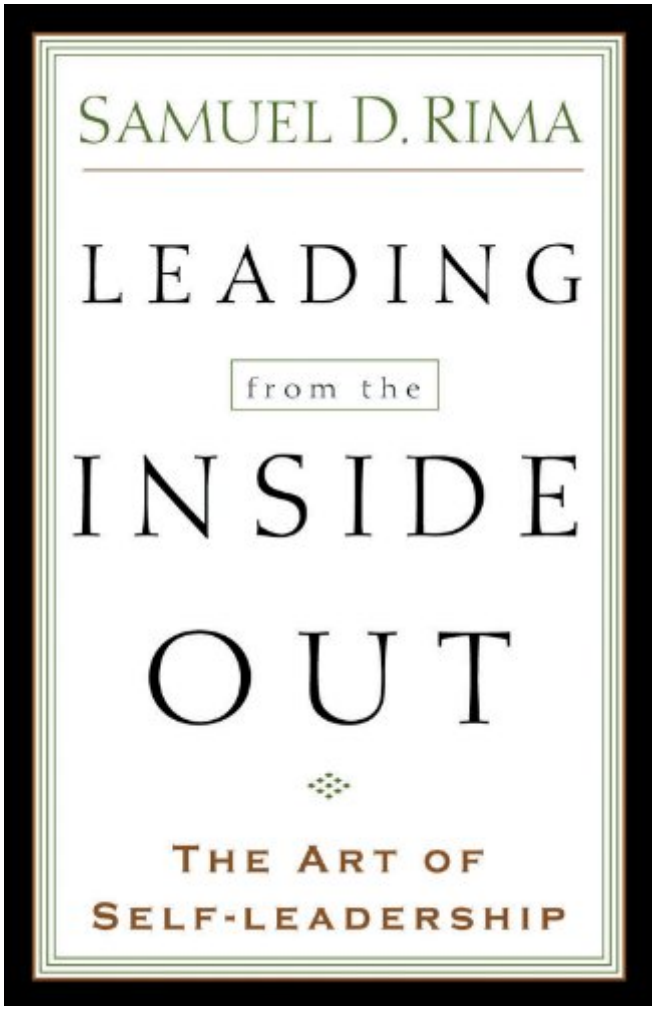
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Leading From The Inside Out: The Art Of Self-Leadership



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Synopsis

Encourages and equips those in authority to master self-leadership principles and realize their full leadership potential.

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Customer Reviews

Amazing book on leadership.

Outstanding work that is both intellectually stimulating and practically applicable. Any leader would greatly benefit from reading and digesting this work.

This book is a requirement for course I am taking. I found it to be very informative and easy to read.

Book in great shape and reasonable price and I would order more books if available for my personal

development needs.

Great leadership resource.

Meh. Not a fan. Some good ideas in this book, but found two things lacking. 1) bible verses out of context to support his argument2) prescribing fixes and solutions with nothing to back it up. For example, we need to take two annual retreats a year. No reasoning why we need two, no comment on whether these should be the same or different... just, do it. His reasoning for things seems heavily biased towards "because I do it, you should..." including what we read, what art we engage in...Tables and workbook at end of chapters helpful for those who like that style. Felt it was perhaps a good intro to leadership concepts, but not in depth enough as to the issues and resolutions.

I like leadership books, and I was fully expecting to enjoy this one. Though I didn’t find it to be particularly problematic or irritating, it was decidedly unremarkable. I don’t think that Rima offered many, if any, new ideas that haven’t already been addressed more thoroughly or more compellingly in other leadership books.The main idea of the book is that leaders (and this book is really written to pastors, though the author pretends that its audience is more diverse) need to take care of their own character and personal junk before trying to lead an organization like the church. He offers a handful of examples of fallen leaders to point out that those who are not conscientious to get their own lives in order are prone to very public and destructive falls from leadership prominence, no matter how strong their leadership capacity might otherwise be. This primary premise is solid and hard to refute.After making the case for self-leadership and describing a rather contrived, if potentially helpful, process for defining some personal values and goals into what he calls a personal constitution, Rima spends the second half of the book explaining the specific areas where leaders need to proactively pursue self-leadership: spiritual, physical, emotional, and intellectual venues. Again, there is nothing controversial or particularly groundbreaking about any of these categories. Rima is right to suggest that leaders need to attend to these areas of their lives. The problem is that he offers nothing new or particularly challenging.Where Rima is most helpful is when he gets more specific. For instance, in his call to life-long learning, he describes the value that he gains from reading biographies of all sorts of people. Though I have often heard leadership gurus lay out the challenge that leaders need to be readers, I’ve not heard someone so specifically explicate the potential value of the genre of biography, which I rarely, if ever, read. I am intrigued to consider which biographies I might like to investigate over the next year or so.I also appreciated his

willingness to do a little soap-box sermonizing, especially regarding the stupor that television has beset upon the modern evangelical community. Church leaders would do well to consider the challenge that Rima offers to seriously curtail the amount of television that we invest as an all-too-normal part of American life.Less helpful was his near-obsession with physical appearance, which bordered on some form of vanity. Though he promotes physical well-being in a way that causes overweight folks like myself to ponder, I think he goes a bit overboard. He slams the church for using food as an instrument of celebration, but any understanding of sociology and even biblical accounts suggests that food is and always has been a completely natural and even holy part of Christian celebration. Heaven is described as a feast with its obvious analogy of consuming good food, so to suggest that the church would be better off to celebrate God's work while avoiding food seems to point us away from one of the best gifts that God has given us. Though food, like all good things, can become an idol or an addiction, it is no healthy corrective measure to suggest its complete avoidance within church practices.Overall, this book is fine, if largely benign. There is little that is particularly helpful and nothing that seems especially detrimental. For a better leadership book for church leaders, read Bill Hybels' "Courageous Leadership."

I recently completed a reading critique of Samuel D. Rima's Leading from the Inside Out: The Art of Self-Leadership. Here area few of my observations:What is the author's main purpose in writing this book?The author's main purpose in writing this book is "to assist leaders, as well as aspiring leaders, in doing the all-important foundation work necessary before leadership of integrity can be exercised and maintained" (Rima, 17). In other words, before one can lead others he must be able to lead himself. No principle is more crucial in today's climate than the art of self-leadership. Resources over the last few decades have too often focused their attention on developing abilities and aptitudes (i.e. administration communication) while largely neglecting the importance of exemplifying vision and values (i.e. spiritual, emotional, intellectual, and physical attributes). The economic system is now in recession, the political climate is as divided as ever, and even several prominent religious figures have recently been exposed to have been divided in their convictions. As the culture grows darker the church must be steadfast in being all the brighter. This is one reason why the Apostle Paul wrote, ". . . But if a man does not know how to manage his own household, how will he take care of the church of God?" (1 Timothy 3:5, NASB).List two items of information this book provided of which you were not previously aware.The author's section on emotional self-leadership, most notably the portion titled We Are What We Think, was extremely helpful information (Rima, 193). When coming up against opposition or obstacles, leaders can too quickly

resort to the toxic leadership trap of blaming - either of themselves or of others. Current career performance often overshadows the responsibility to be obedient to Jesus Christ. Either the failure becomes "the individual's entire fault or he instead resorts to claiming to have "nothing" to do with the mishap. There is also the danger of overgeneralization. The natural response of a leader can often be to approach any and all conflicts with the expectation that the outcome will be negative (largely due to any hurts that have taken place in past experiences). This approach stems from a mistrust that will only compromise and eventually destroy the relationship. The concept of mental filtering, when too much attention is placed on every minute mistake, goes along with this idea of emotional leadership. While evaluation is healthy and necessary, awareness of one's limitations should never paralyze a person but rather propel him to train daily and intentionally.Along with that, a crucial aspect of honest assessment is also to take time to acknowledge what was done well. One should be careful not to disqualify the positive but instead learn to take a compliment. Last but not least, a leader must be careful in reaching a conclusion. Every leader must be grounded by godly counsel and careful consideration. It is rarely the timing of the decision that matters, but rather the motive and process that led to the result. Asking for the perspectives and prayers of trusted advisers will often reveal and override one's fears and misconceptions.Another item of instruction that was appreciated was the chapter dedicated to Measuring Your Life's Motivations. The author countered the mantra that "knowledge is power." The general consensus in today's culture is that the natural outcome of obtaining more information is that one will then gain an equivalent amount of influence. The author warns that knowledge left unapplied is simply powerless and that such consequences as procrastination, fear, deception, and lack of motivation quickly arise (Rima, 95). This is a valuable and vital warning to leaders of the Information Age. No generation has had more access to knowledge and data than this one. Technology has altered and expanded at a faster pace than ever in human history. The church must never mistake information (a.k.a. knowledge) as discernment (a.k.a. wisdom). Knowledge has the ability to direct attention to the person while wisdom rightfully directs acclamation to the Creator (not to mention that understanding will give the organization the needed courage to carry out Christ's purposes on earth). The bible warns, that "Anyone, then, who knows the good he ought to do and doesn't do it, sins (James, 4:17). Our world has enough information to know what is right and to know what is wrong, yet they continue to ignore their conscious. The church has the opportunity not only to demonstrate the loving truth of Christ but also to invite the unchurched to join them on the journey.What was the most helpful part of this book and why?The most helpful part of the book was the author's "Self-Leadership Workshops" located at the end of each chapter. These exercises will be a complimentary piece to the assessments located in

Aubrey Malphurs' Maximizing Your Effectiveness which will be used in the formulation of the Personal and Ministry Profile at the end of the semester (Rima, 119-124). The following is a rough sample of those initial responses:Values (Rima, 53)Community: Relating in truth and love with God and othersCommission: Responding to Christ's call to make more disciplesCommunication: Reflecting Christ in all attitudes and actionsCommitment: Representing humility and longevity in all relationshipsCalling (Rima, 74-77)Vocation (calling or mission)Embodying the teaching of Titus 3:3-8 by fulfilling the great commandment and the great commission by engaging seekers, enabling followers, entrusting ministers, and encouraging leadersCurrent avocation (role or position)Connecting the millennial generation to the love of ChristComplimenting/cooperating with the local church and leadershipIdeal avocation (future career or dream)Transitioning an existing church which is programmatic and attractional to be missional and intentional in focus and thus pastoring a people who aim to connect others to the love of Christ, to the life of the church, and to the need of the worldIdeal avocation becoming a reality:Continuing to be mentored by pastor and other key role modelsContinuing education (Masters of Arts in Ministerial Leadership)Continuing to strengthen talents and utilize giftsGoals and motivations (Rima, 92 and 117)Devoted to a lifetime of love and loyalty towards my family - Showing my wife affection via quality time and acts of service and giving my children provision, protection, direction, and recreationDevoted to partnering on Christ's mission by pastoring a local church - Staying in a significant shepherding role in a local church and keeping accountability and affiliation with a governing bodyDevoted to loving everyone regardless of age, beliefs, gender, etc.- Reaching out through kindness, conversation, and invitationand connecting to the community (neighborhood, sporting events, etc.)Devoted to more effective communication (writing, speaking, etc.) - Investing in continued education (whether formal or informal)and by growing in all areas of my reading, writing, and speaking abilitiesAction steps for spiritual self-leadership (Rima, 150-151)Praying - Dedicating time at home and at office (15-30 minutes a day)Journaling - Studying and meditating on Scripture (15-30 minutes a day)Action steps for physical self-leadership (Rima, 172-175)Diet and nutrition - Limiting meal portions and sugar intakePhysical fitness - Exercising five days out of the week (30 minutes a day)Weight management - Getting down to and maintaining 215 poundsAction steps for emotional self-leadership workshop (Rima, 199-201)FearStopping the all-or-nothing thought patternBelieving that one's call is not based purely upon performanceAngerStopping the mental filtering process (expecting the negative)Believing that the leader, followers, and situation can improveAction steps for intellectual self-leadership (Rima, 219-220)Continuing education - Completing Masters of Arts by Spring of 2011Improving exposure to the arts - Experience variety of music and paintingCopy one quotation

from the book that seemed particularly important to you and interact in your own words with the portion you quoted.One particularly important quotation from the book was located in the portion concerning Connecting with Your Life's Calling. The author went on to write, "To effectively master the art of self-leadership, a person must develop a strong connection with a sense of calling that guides his actions and elevates his daily activity above the mundane, imbuing all efforts with an intrinsic, metaphysical value" (Rima, 55). To illustrate his teaching, he told the story of the Alaskan Airlines CEO who retired in order to serve full-time in the area of global missions. The man's experience testified to the fact that no title or position (a.k.a. career) will ever bring true significance or fulfillment to one's life. Rather, one's vocation (a.k.a. calling) will bring true significance and fulfillment to whatever position one has been entrusted with. He was careful to define vocation as being what God has selected and positioned for one to be. In contrast, an occupation is merely the stage for that calling to be played out upon - he referred to this venue as an "avocation" (Rima, 59). The Apostle Paul spoke of his vocation when he wrote, "But when God, who set me apart from birth and called me by his grace, was pleased" (Galatians, 1:15).Many leaders commonly misplace their vocation with their avocation. Some are tempted to receive their significance by their performance (attendance, appreciation, or awards). Others are guilty of confusing their calling with their position. These leaders are quick to grow frustrated when their people cease to follow based solely upon a title. In order to effectively maintain and intentionally expand one's influence, a leader has the responsibility to approach his calling with humility and honesty - understanding that his vocation was entrusted to him as an act of grace and that his position demands a measure of accountability and responsibility (and not merely one of privilege).

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