

Assessing Your Heart Condition

Your heart...that place inside you that defines who you are, what you believe, how you decide and which direction you lead. It's where wisdom is birthed and the ability to enjoy life begins. Your heart is where your deepest passions reside and most meaningful dreams originate. It's where you carry the people you love. True worship of God flows from the heart. Our best performance always comes from the heart.

How is your heart doing? Below is a simple set of signs that allow us to assess our present heart condition. See how many signs are true of you today.

7 Signs of a Healthy Heart

A healthy heart:

1. Can feel emotion. Is your heart...

FEELING EMOTION.....FLAT-LINED

2. Is mindful and able to engage in the moment. Is your heart...

PRESENT.....DISTANT

3. Has room for spontaneity, fun and laughter. Is your heart...

SPONTANEOUS AND JOYFUL.....GRUMPY AND DEAD

4. It has compassion for lost and hurting people. Is your heart...

CARING.....CALLOUS

5. Is hopeful, optimistic. Is your heart...

LOOKING FORWARD TO THE FUTURE.....PESIMISTIC

6. Has energy for people. Is your heart...

ENJOYING BEING WITH OTHERS.....HIDING AND ALONE

7. Has the capacity to hear God's prompting. Is your heart...

LISTENING TO **GOD**.....INATTENTIVE AND CLOSED OFF

If your heart is showing signs of trouble consider listening to the *LEADERSHIP OF THE HEART* seminar on cassette tape or working through *The REAL DEAL* leadership workbook.

Both are available at www.authenticleadershipinc.com

(The core idea for this assessment came from a message given by Nancy Beach, Programing Director and teaching team member at Willow Creek Community Church. You can obtain a copy of this fantastic message by calling 800-570-9812 and ask for - *Heart Check for Christian Artists* by Nancy Beach - 2000 Arts Conference - or go online at www.willowcreek.org)