



# The Emotionally Healthy Leader

PETER SCAZZERO

JULY 1 - 10

## Introduction & Chapter 1

### Going Deeper

Determine your level of spiritual/emotional maturity by taking a personal emotionally healthy assessment at [www.emotionallyhealthy.org/personalassessment](http://www.emotionallyhealthy.org/personalassessment).

JULY 11 - 17

## Chapter 2 - Face Your Shadow

### Going Deeper

Use the worksheet found in Appendix 3 (page 313), "Genogram Your Family," to diagram your family history. This tool that can be accessed on our website, [www.emotionallyhealthy.org/genogram](http://www.emotionallyhealthy.org/genogram).

## CHECKPOINT - Jul 19th 7:30pm

ZOOM Meeting ID: 816 0988 4126. Passcode: 725224

JULY 18 - 24

## Chapter 3 - Lead Out of Your Marriage or Singleness



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JULY 25 - 31

## Chapter 4 - Slow Down for Loving Union

Going Deeper

Set apart a 1-2 hour block of time to craft your own personal Rule of Life. You will find a blank Rule of Life worksheet in Appendix 2 (page 311). A sample Rule of Life is provided on page 137 along with instructions on pp.138-139.

AUG 1 - 7

## Chapter 5 - Practice Sabbath Delight

AUG 8 - 14

**Catch up and practice what you've learned!**

**CHECKPOINT - Aug 16th 7:30pm**

ZOOM Meeting ID: 816 0988 4126. Passcode: 725224

AUG 15 - 21

## Chapter 6 - Planning & Decision Making



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AUG 22-28

## Chapter 7 - Culture & Team Building

AUG 29 -  
SEPT 4

## Chapter 8 - Power & Wise Boundaries

SEPT 5 - 11

## Chapter 9 - Endings & New Beginnings

SEPT 12-18

**Catch Up and practice what you've learned.**

**EXPERT & FINAL CHECKPOINT - Sept 20th 7:30pm**

ZOOM Meeting ID: 816 0988 4126. Passcode: 725224