

# THE GRIND OF LEADERSHIP

## Rich Wilkerson, Jr.

Co-Founder, VOUS Leadership Conference; Lead Pastor, VOUS Church; Author

Rich Wilkerson, Jr. is a dynamic communicator and author with a passion to encourage and inspire young adults. Through his leadership as a lead pastor at VOUS Church, they have become known as a catalyst of faith, creativity and diversity, celebrating the unique culture of its vibrant city. Each summer, he and his wife, DawnChéré also host thousands of young adults at the annual VOUS Leadership Conference. Wilkerson, Jr. is also the author of two books, *Sandcastle Kings* and *Friend of Sinners*.

Without a doubt, a part of leadership is “grinding it out”—doing the challenging work every day. Rich Wilkerson Jr. reminds us that we can reframe the grind by monitoring our outlook and applying three simple tools to help us stay motivated during the difficult work of leading.

### Uncover the Grind

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In his talk, Wilkerson Jr. says that often *outlook* will determine *outcome*. Have each member of your team share a time when they have seen this happen. Whether it was you, or someone else, how did outlook (positive *or* negative) affect the outcome of a project you were involved with?

In what ways do you resonate with the idea that leadership is a grind—hard, laborious work?

### Rename the Grind

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Rich says that “names bring about an *identity*, and identity brings about *purpose*.” Reflect on words that you use personally at home or work. How might you re-name them in a way that feels more positive?

CURRENT NAME

NEW NAME

Now, try this exercise as a team.

**CURRENT NAME**

**NEW NAME**

### **Embrace the Big Time**

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Take some time to personally reflect on which areas of your life or work you are treating as “smaller” or less important than they deserve?

What would it look like if you started treating them as “the big time”? What changes might you see?

### **Reframe the Grind by Renewing Your Perspective**

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Gratitude is crucial to renewing your perspective, whether it be in work or at home. What are a few things/people that you are grateful for? List as many as come to mind and share with your team.

When was a time that you fell into the trap of dwelling on “it could have been better”? What effect did it have on your attitude? On your team?

What could you do or say to celebrate the progress that you *did* make?

### **Remain in the Grind**

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Wilkerson Jr. talks about how some seasons are not about conquering, but about *enduring*. Which season are you in, and what makes you feel that way?

What are some areas in your life where you need to commit to remain in the grind?

Who could you share this commitment with so you can walk through it together?

### **Act**

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What is the ONE action step you will take from this talk, and when will you take it?