

FROM STALENESS TO SOARING

ALTITUDE

FLIGHT PLAN



Get unstuck.
Get clear.
Get airborne.

An eight session leadership workbook

BRENT JOHNSON

JOHNSON MINISTRIES

01

Ground Check

Before you climb, read your instruments.

This session helps you find out what has really stalled, and why, so you can choose a response that actually fits.

IN THIS SESSION

Teaching: busy is not the same as airborne

Tools: the Instrument Check and the 7 Day Reset

Workbook: read your instruments

Land the session with your flight partner

“He who observes the wind will not sow, and he who regards the clouds will not reap.”

ECCLESIASTES 11:4 • NKJV

Busy is not the same as *airborne*.

Staleness rarely announces itself. It hides inside full calendars, familiar routines and good intentions. Before you can climb, you need an honest read of your instruments.

01

READ 1 Kings 19:1 to 18 • Haggai 1:2 to 8 • Ecclesiastes 11:4

Elijah and the people of Haggai’s day were both stalled, for opposite reasons. Elijah had come through fierce conflict; he was depleted, afraid and done. God’s first response wasn’t a new assignment. It was sleep, food and His quiet presence.

Haggai’s audience was in a very different place. They weren’t exhausted; they were comfortable. They had quietly reordered life around their own houses while God’s house lay unfinished. Same symptom. Different cause. That distinction is the heart of this session.

Diagnose before you *prescribe*

When leaders feel stuck, the reflex is to try harder. But more effort only helps if effort was the problem. Look beneath the symptom:

Overload	needs a lighter load and the right support.
Confusion	needs a clearer next decision.
Disappointment	needs grief, honest conversation and a modest new experiment.
Avoidance	needs one concrete action taken before you feel ready.
Misalignment	may mean releasing a role you’ve outgrown.

“He who observes the wind will not sow, and he who regards the clouds will not reap.”
ECCLESIASTES 11:4 • NKJV

“Motion is not momentum. A full calendar can still belong to a grounded life.”
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SESSION 01 • TEACHING, CONTINUED

Name facts, not *identities*

“I’ve postponed the outline three times” is a problem you can solve. “I never finish anything” is a verdict that keeps you grounded. Be specific enough that a different choice becomes visible.

Know your *airspace*

Every pilot is cleared to fly in a particular airspace. Stalled leaders spend enormous energy outside theirs, other people’s decisions, the timing of an opportunity, the size of an audience. You can’t command those. You can improve your offering, ask for feedback, keep an appointment and serve well where you already have access. Fly your airspace. Entrust God’s sky to God.

Rest is not *stagnation*

A season of recovery, grief, caregiving or hidden preparation is not automatically a stall. Name what’s true before deciding what needs to change.

LEADERSHIP TOOL**The Instrument Check**

A quick audit of where last week’s hours actually went: **Maintaining** (keeping things running), **Reacting** (other people’s urgent requests), **Building** (work toward your vision) and **Recovering** (rest, worship and relationships). Most stalled leaders find Building close to zero, or Recovering gone entirely.

LEADERSHIP TOOL**The 7 Day Reset**

Stop one unnecessary demand. Finish one neglected task. Restore one life giving rhythm. If you’re depleted, the whole reset may be subtraction, and that’s faithful too.

REAL WORLD FLIGHT

Dana, 38, a nurse manager and worship leader, said she’d lost her vision. Her Instrument Check showed five recurring commitments and zero preparation time. She stepped off one committee and protected Tuesday evenings. **Her problem was capacity, not character.**

TAKEAWAY

An honest diagnosis is the first act of leadership.

Read your *instruments*.

THE INSTRUMENT CHECK

Busy or building?

Estimate last week's hours in each gauge.

Gauge	Hours	%
Maintaining , keeping things running	_____	_____
Reacting , others' urgent requests	_____	_____
Building , toward my vision	_____	_____
Recovering , rest, worship, people	_____	_____
What surprised me	_____	_____

FLY YOUR AIRSPACE

What's mine to carry?

In my airspace this week

I'm entrusting to God

NOTES

SESSION 01 • WORKBOOK

Name what's really *stalled*.

1 • What has actually stalled? Name what you've stopped doing.

2 • When did it start, and what changed around that time?

3 • Which stall pattern fits? What evidence supports it, and what else might explain it?

4 • Under this pressure, which bird have I been, chicken, parrot or peacock?

MY 7 DAY RESET

Stop or renegotiate

Finish

Restore

By (date)

NOTES

Land the *session*.

Right now, my leadership feels...

Since last session, my flight partner and I talked about...

TALK IT THROUGH • WITH YOUR PARTNER OR CIRCLE

- 1 How do you tell a season of recovery from a pattern of avoidance?
- 2 What explanation for your staleness have you assumed but never tested?
- 3 What practical support would make your next step possible?

FOOT ON THE PATH • THIS WEEK

EYE ON THE HORIZON • THIS SEASON

TOWER CHECK • WITH YOUR FLIGHT PARTNER

Date and time we'll talk

What I'm committing to

What I want my partner to ask me about