



THE ALIGNMENT PROJECT

LEADING YOURSELF / FORTITUDE

LEADERSHIP UNDER PRESSURE

*"Self-leadership is the most
difficult to navigate."*

WITH BOBBY BOGARD

No man has to walk alone.

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Self-leadership is especially difficult in seasons when the pressure seems overwhelming — those moments in every leader's life when they wonder if they have what it will take.

01 LIVE BY PRINCIPLES, NOT PRESSURE

DECIDE BEFORE THE CRISIS

Coach Tom Mullins said, “A leader should live by principles, not pressure.” Leadership begins with the leader, and leaders must have set values that carry them through rough times. Before any crisis, the wise leader has carefully chosen predetermined responses — standards that set the boundaries of their spiritual priorities, their emotional well-being, and their relationships.

JEREMIAH 17:9

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?”

02 THE LIE UNDER PRESSURE

A WISE LEADER HAS ALREADY ANSWERED

In seasons of stress the heart wants to whisper “just this once,” “no one will know,” “I'm not hurting anyone.” A wise leader has already answered: **No**. No, because they decided their course of action before the temptation. No, because they did the work to fortify their principles. No, because they built strongholds around those principles in their heart and mind. **Values must govern the process of a leader's life.**

HOW LEADERS EMERGE UNSCATHED

01 THE PRECEDENCE OF GOD'S WORD

It sets the standard of the leader's life (Psalm 119:11) — more than reading or teaching it. Like Joseph, the leader runs from the enticer and keeps his integrity. Unlike Peter, he stands when accused. These leaders live by principles, not pressure.

02 THE PRACTICE OF GOD'S PRESENCE

An awareness that the Holy Spirit is available for every hard decision (John 14). God still speaks and directs the steps of those who seek Him (Proverbs 3:6), and in every temptation a way out has already been prepared (1 Corinthians 10:13).

03 THE PRESENCE OF GOOD COMPANIONS

Who a leader chooses to do life with determines their influence and reputation (Proverbs 13:20). No one navigates life alone; unscathed leaders keep people who can tell them the truth and be heard.

REMEMBER

Pressure doesn't build a leader's character — it reveals it.

"Self-leadership is the most difficult to navigate."

KNOW WHERE YOU STAND

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