



## KEY CONCEPTS

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- Solitude is a gift from God. Isolation is a tool of the enemy.
- We've never been more connected as a culture and never felt more alone.
- Leadership surrounds you with people but can leave you feeling utterly alone.

## DISCUSSION QUESTIONS

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- ① To what extent do you resonate with the leadership paradox of being surrounded by people but often feeling alone?
- ② With whom have you had the kind of open, transparent, life-giving friendship with that Josh Gagnon and Gordon MacDonald share (if anyone)?
- ③ What kind of time would you make for a friendship that real and deep?





## APPLICATION STEPS

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Rather than seek out a celebrity or influential leader to 'mentor' you, follow these 6 steps to build life-giving, mentoring friendships:

- Find someone you admire who models what you want to see in your own life.
- Just start with a simple conversation.
- Bring a list of open-ended questions.
- Share something vulnerable about yourself and see if they reciprocate.
- Listen. Really listen. People who listen longer than most people listen often hear things most people never hear.
- If the results are mutually satisfying, repeat.

For more information on building meaningful friendships/mentoring relationships, listen to my conversation with Dr. John Townsend at <https://careynieuwhof.com/episode286/>

