

Presence Audit for Leaders

A Simple Reflection on Where Your Attention Is Going

Leadership asks a lot of us.

Our calendars fill quickly. Our minds carry conversations, decisions, and responsibilities long after the workday ends.

Sometimes we're physically present while our attention is elsewhere.

This isn't about guilt.

It's about noticing.

Take a few quiet minutes with the Lord and honestly reflect on the questions below.

Part 1. Where is my attention?

Rate each statement from 1–5. Your lowest-rated statements highlight where your attention may be slipping and where you have the greatest opportunity to grow.

1 = Rarely True, 5 = Consistently True

- ___ When I'm with my spouse or family, I give them my full attention.
- ___ I finish work mentally before moving into my evening.
- ___ I listen without thinking about my response.
- ___ I put away distractions during important conversations.
- ___ I make eye contact and engage with the people in front of me.
- ___ I create space each day to simply be present with God.
- ___ My team would describe me as fully engaged during meetings.
- ___ I leave people feeling heard.

Part 2. Where am I physically present but mentally absent?

Complete the sentences.

The place I most often become distracted is:

The person who receives the least of my attention lately is:

The responsibility I carry home most often is:

The thought that follows me after work is:

Make a list of the people, responsibilities, projects, conversations, and opportunities God has already entrusted to your care.

Part 3. A Heart Check

Read each statement slowly. Check the ones that resonate most.

The statements you checked may point to areas where your heart is carrying more than God intended.

- ☐ I feel responsible for solving everything.
- ☐ I struggle to stop thinking about work.
- ☐ I confuse productivity with faithfulness.
- ☐ I believe being nearby is the same as being present.
- ☐ I often give strangers my best energy and loved ones what's left.
- ☐ I don't slow down because I'm afraid something will fall apart.
- ☐ I rarely notice how distracted I've become.
- ☐ I need permission to rest mentally, not just physically.

Part 4. Like Martha ...

Luke 10 reminds us that Martha wasn't distracted by bad things. She was distracted by good things.

Read Luke 10:38–42. Then spend a few moments reflecting.

What responsibilities have divided my attention? _____

Where is Jesus inviting me to simply be with Him? _____

Who has God placed in front of me that needs my attention more than my solutions? _____

Part 5. My Next Act of Presence

Instead of making a long list of changes, choose one simple act of presence this week.

I will ...

- ☐ Put my phone away during dinner.
 - ☐ End work at a specific time.
 - ☐ Take a walk with my spouse.
 - ☐ Schedule uninterrupted time with one team member.
 - ☐ Begin tomorrow with prayer before scanning texts, social media, and emails.
 - ☐ Practice listening without interrupting.
 - ☐ Other: _____
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Closing Prayer

Lord,

Thank You for every responsibility You've entrusted to me.

Help me carry them faithfully without allowing them to divide my attention from the people You've placed in front of me.

Teach me to be fully present—with You, with my family, with my friends, and with those I have the privilege of leading.

Let my attention reflect Your love. Amen.