

⚡ EPISODE 5

IT MATTERS THAT YOU SHOW UP

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You don't have to be perfect to make a difference. Your consistent presence — at work, at home, with your team, or your family — matters more than you know. Show up on purpose. Especially on the hard days.

REFLECT ON PRESENCE

- When was the last time you “showed up” even when you didn’t feel ready?
- Who in your life benefits from your steady presence?
- Can you think of a time when someone thanked you for being there — even if you felt off?

Write this down or voice-memo it. Reflecting builds clarity and confidence.

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LIVE OUT THE 3 PRESENCE PRINCIPLES

1. Be Present on Purpose

Whether you're in a meeting, at dinner, or in car line — be fully there.

Try This:

- Put your phone away for 30 minutes during a conversation today.
- Make eye contact and ask one intentional question: "How are you really doing?"

Spiritual Practice:

Be present with God on purpose.

- Start or end your day with 5 minutes of quiet prayer.
- Matthew 6:6 — "Go into your room, close the door and pray to your Father..."

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2. Don't Wait to Feel Ready

You won't always feel inspired. Lead anyway.

Try This:

- Push through resistance and do one encouraging action today — send a text, make the call, or offer help.
- Be honest but present. “I'm tired, but I'm here. How can I help?”

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3. Let Consistency Speak

It's not about impressing people once. It's about being available over time.

Try This:

- Pick one relationship you want to invest in.
- Show up consistently this week — even in small ways.
- Write a note, take a walk, show interest, offer help.



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SHARE WITH SOMEONE ELSE

Encouragement grows when it's passed on.

- Text or message this to someone:


“You may not feel like it today, but your presence matters more than you know. Keep showing up — it's making a difference.”

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JOURNAL OR GROUP QUESTIONS

Use these with a journal, spouse, small group, or team:

1. What are some ways I can lead with presence this week — not just performance?
2. How can I prioritize being present with my family or team?
3. Where do I need to be more present with God?
4. What's one area I've been waiting to feel "ready" in — and need to act anyway?
5. Who in my life needs consistency more than intensity right now?



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FINAL REMINDER

“It matters that you showed up.”

Not because you were perfect. But because someone needed you to simply be there.