



The Ten Nuggets Journey

Self formation guide

STAYING THERE

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The Ten Nuggets Journey

Self-Formation Guide

A companion for personal reflection

Staying There

Staying There explores a quieter and often neglected part of the leadership and life journey: what it takes to remain grounded, faithful, and whole over time.

It addresses themes such as pride, power, money, emotional regulation, health, and legacy — areas where drift often happens quietly, after success or recognition.

Who this book is for

This book resonates especially with:

- Leaders carrying ongoing responsibility
- Founders, pastors and senior professionals
- People in mid-life or later stages of leadership
- Those who care about finishing well, not just beginning well

While it can be read independently, many readers experience it as a natural continuation of *Getting There*.

How to use this guide

This guide is not a programme to complete or a checklist to finish.

It is a companion — meant to help you walk slowly through ***Getting There and Staying***. There, paying attention to what surfaces along the way. You can use it on your own, at your own pace. There is no ideal speed, and no pressure to keep up. Some chapters may feel immediately relevant. Others may take time — or may matter more later.

That is part of the work.

A suggested rhythm

Many readers find it helpful to adopt a gentle rhythm rather than reading continuously.

A common pace is:

- **One chapter per week**
- Read once without stopping
- Revisit key sections a second time
- Sit with the Reflect & Act questions slowly

You may choose a different rhythm.

What matters is attentiveness, not volume.

Before you begin each chapter

Before reading, pause briefly.

You might ask yourself:

- What season of life or leadership am I in right now?
- What pressures or responsibilities am I carrying?
- Where do I feel steady — and where do I feel stretched?

You don't need to answer these fully.

Simply notice what is present.

While reading

Read without rushing to agreement or application.

Notice:

- What unsettles you
- What you resist
- What feels familiar
- What you are tempted to skim past

These reactions often matter more than the parts you immediately like.

You don't need to underline everything.

Mark only what stays with you.

Using the Reflect & Act questions

Each chapter includes Reflect & Act questions.

These are not tests.

They are invitations.

When responding:

- Write honestly, not impressively
- Answer only the questions that feel alive to you
- Leave some questions unanswered if needed

You may find it helpful to journal in short sentences rather than full explanations.

Clarity often comes through simplicity.

After finishing a chapter

After completing a chapter, consider sitting quietly for a few minutes.

You might ask:

- What am I noticing about myself?
- Is there something here I need to carry forward?
- Is there something I need to let go of?

Formation often happens between chapters, not just within them.

Returning to chapters

These books are meant to be returned to.

You may notice that:

- A chapter you skimmed earlier now feels weighty
- A question you avoided now feels necessary
- A theme keeps resurfacing across chapters

This is not repetition.

It is deepening.

When the journey feels uncomfortable

At times, reflection may feel exposing or unsettling.

This does not mean you are doing it wrong.

Growth often involves:

- Naming things we have avoided
- Seeing patterns we hadn't acknowledged
- Slowing down when we would prefer momentum

Take breaks when needed.

Stay honest rather than intense.

A closing word

The Ten Nuggets Journey is not about self-improvement. It is about learning to live with greater clarity, responsibility, and integrity over time. If you find yourself becoming:

- More attentive
- More restrained
- More honest
- More grounded

Then the journey is already doing its work. Go gently.

Stay present. And let the formation unfold.