

KEYSTONE HABITS

Measure the Habits with the Highest ROI

Pairs with *The Master Leader* chapter 4, “Consistency”

The Keystone Habits exercise is a chart that lists eight primary habits that Craig Groeschel, founder of Life.Church, suggests as key habits for leaders.¹ This three-step exercise will help you rank your habits, choose key habits to focus on, and improve on keystone habits over the next six months. Not only will this help you self-evaluate your key habits but it will also help you build those that will offer the greatest immediate impact in your leadership.

These practices are simple (not easy, but simple). Whether you are a novice who doesn’t know where to start with habit formation or a veteran leader with plenty of scar tissue, these exercises will increase your consistency, and increased consistency multiplies your leadership exponentially. Check out the habits on the chart below and follow these steps.

STEP #1 To the right of each description are three blank columns. In the first of the three columns, rank each habit from 1 to 8 based on your assessment of how you’re doing with each one (1 being strongest and 8 being weakest). In the second and third columns, ask someone you live and work with to do the same for you.

STEP #2 Circle two habits on the chart that you believe would rapidly make your leadership stronger if you practiced them consistently. Ask each person who ranked your habits in Step 1 to do the same.

STEP #3 Using these findings, select two habits to improve on over the next three months and two to improve on in the following six months. Create a brief action plan to improve on those habits, including calendar alerts and enlisting someone else for accountability.

Habit	Description	You	Live With	Work With
No snooze	I’m the kind of person who wakes up when I intend to, and I’m prepared to tackle the day.			
Pre-deciding	I plan ahead for things that matter most, and my real priorities dictate my schedule and choices.			
Doing the hard-right	I solve problems the right way, even if it’s more difficult initially. I’m happy to endure a little pain to create a stronger, better solution.			
You-first leadership	I’m a leader who loves people. I start every interaction with the other person in mind.			
Touching the line	I don’t stop when I’m tired; I stop when I’m done. I don’t cut corners. I value integrity and progress too much to cheat on what matters most.			
One more rep	I exceed expectations, bring solutions, and go further than necessary. I’m willing to do one more rep because leaders do better than “normal.”			
Fueling the fire	I stay passionate over time because I actively and intentionally encourage myself—I fuel the fire in my spirit about my mission, family, and goals.			
Showing back up	When I commit, I don’t quit; I’m a finisher.			

1. This chart was created using information from *The Craig Groeschel Leadership Podcast*: Craig Groeschel, “#124: 8 Habits of Great Leaders, Part 1,” February 2, 2023, in *The Craig Groeschel Leadership Podcast*, life.church/leadershippodcast/8-habits-of-great-leaders-part-1, and Craig Groeschel, “#126: 8 Habits of Great Leaders, Part 2,” March 2, 2023, in *The Craig Groeschel Leadership Podcast*, life.church/leadershippodcast/8-habits-of-great-leaders-part-2.