



# RELIANT 10x10 THE SUMMER MTD EXPEDITION

10 HOURS/WK • 10 EPISODES • 1 JOURNEY

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THE STARTING LINE

## Getting Centered

HEART REFLECTIONS

- › How are you feeling about entering a season of deliberate MTD?
- › Where is your MTD 'third space' or where could you create one?
- › What's your go-to spiritual discipline for this journey?
- › What are your heart-goals for this 10-week run?

Podcast 1

2

MAPPING THE PATH

## What Do I Do Now?

HEART REFLECTIONS

- › Does namestorming feel possible in this season?
- › Who have you never invited to your team?
- › Do you skip the 'names ask'? Why or why not?
- › Best ways to reach out to someone who doesn't know you?

Podcast 2

3

FINDING YOUR PACE

## How's Your Rhythm?

HEART REFLECTIONS

- › How have the first 2 weeks felt?
- › What does your weekly rhythm look like?
- › What adjustments are needed for the next 8 weeks?

Podcast 3

4

THE HIGH POINT

## Back to the Future

HEART REFLECTIONS

- › What have you learned about yourself so far?
- › What is something currently holding you back?
- › What has been a specific high and low?

Podcast 4

5

THE VALLEY OF PATIENCE

## Waiting is the Hardest Part

HEART REFLECTIONS

- › How do you feel about data and metrics?
- › What are your personal 'go-to' metrics for health?
- › What is one concrete goal for this coming week?

Podcast 5

6

THE REFRESHING SPRINGS

## An Attitude of Gratitude

HEART REFLECTIONS

- › What are your favorite ways to say 'thank you'?
- › How long is too long to wait to send a note?
- › What forms of cultivation are most life-giving?

Podcast 6

7

THE LONG STRETCH

## Practicing Perseverance

HEART REFLECTIONS

- › How are you 'feeling' 7 weeks in? (Be honest!)
- › Do you use 'productive tasks' to procrastinate?
- › Where are you finding your motivation right now?

Podcast 7

8

THE COURAGE RIDGE

## The Increase Ask

HEART REFLECTIONS

- › What emotions does an 'increase ask' stir up?
- › Positive story regarding an increase ask?
- › Strategy for clarity and confidence in asking?

Podcast 8

9

THE FINAL SPRINTS

## It's the Final Followup

HEART REFLECTIONS

- › What are your specific goals for this final week?
- › Who needs a follow-up on a promised gift?
- › Where do you need the most accountability?

Podcast 9

10

THE CELEBRATION SUMMIT

## The 3 C's

HEART REFLECTIONS

- › How will you celebrate?
- › How will you communicate with donors next?
- › What's your rhythm for cultivation?

Podcast 10

### THE TRAVELER'S PRAYER

"Lord, as I enter these MTD hours each week, guard my heart from the noise of 'doing' and invite me into the peace of 'being' with You."

### EXPEDITION STRATEGY

Listen to the podcast before you start your hours. Use these prompts for your journal or with your supervisor.

### CURRENT PROGRESS



THE START

CELEBRATION SUMMIT