

Leadership Meeting Guide – Find Your Fire

How to Find Your Fire and Not Get Burned

How to stay active in advocacy

Being a mom is exhausting! No one juggles more activities than moms. One of the great things about Moms is we get things done, but with all the demands on Moms, how do we keep ourselves sane? It's easy to start something but how do you continue to advocate without wearing yourself out? Or, more importantly, get burned to the point of quitting?

There are so many causes that need volunteers and leadership. PTA, Church groups, VBS, community concerns all need help. How do you choose on what to focus on and how much time do you spend to keep balance in your life? Creating boundaries and managing expectations are all a part of preventing burnout. Self-care is critical too.

Speaker or Video program

Mom Business Leader, Mom Elected-Official, Spiritual Leader from Church

Discussion questions:

1. Are you already overwhelmed in your volunteer activities? Why?
2. How do you say no to a volunteer opportunity?
3. What's the best organizing advice to keep you sane while managing life?
4. What can you do to support a fellow mom who might have taken on too much?
5. How many hours is too many for volunteering?
6. How do you prioritize which things you are going to volunteer for?

Additional resources

- Discuss with Church Leader about challenges you are facing.
- Ask for other MOPs to pray for guidance.
- [Toxic Charity](#)

Additional activities for off MOPs meeting weeks

Give yourself a spa day. Have a pedicure party with fellow MOPs. Do a girlfriend day where you swap names and do something nice for the name you draw.