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Reading Guide | Chapter 5: The Emotional Dimension

Emotional Self-Leadership Challenge #1: Notice and Manage Your Emotions

Autopilot off: Allow your body to relax. Breathe. Now allow your thoughts to relax – turn off thinking (as much as possible) and tune in to how you are feeling.

Be Aware:

What single word would you use to describe how you are feeling right now?

Now consider the five key emotions: Glad, Sad, Mad, Scared, Shame. Remember that each of these emotions has a volume knob, ranging from low to high. Which of the five do you associate with your current feeling?

Using the definitions below, explore your feeling further. What is it your emotion tells you you “really want?”

Glad: I have what I want

Sad: What I want has been taken away

Mad: An obstacle stands between me and what I want

Scared: What I want could be taken away

Shame: I want to be what others want

Assess: How would you assess (grade) how you are currently showing up based on the emotion you are feeling?



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Emotional Self-Leadership Challenge #1: Notice and Manage Your Emotions

Adjust: What adjustment do you want to make in light of how you are feeling?



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Emotional Self-Leadership Challenge #2 : Use Your Emotions to Solve Problems and Make Decisions

Autopilot off: Slow down and get ready to consider your current problem or decision from a different perspective – through your emotions.

Be Aware:

(Reference the “Be Aware” steps in Emotional Self-Leadership Challenge #1: Notice and Manage Your Emotions.)

What does your problem or big decision make you feel?

Which of the 5 emotions does this feeling fall under?

Using the definition for each emotion, what is it you really want related to your decision or problem? You may need to dig deeper to identify what you really really want in this situation.

Assess: How does gaining clarity on “what I want” put you in a more constructive place to manage and channel your emotion for this problem/decision instead of your emotions controlling you?



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Emotional Self-Leadership Challenge #2 : Use Your Emotions to Solve Problems and Make Decisions

Adjust: With increased clarity on what you really want, what adjustment can you make now to better solve your problem or make your decision?



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Emotional Self-Leadership Challenge #3: Lead Powerfully by Connecting with Your Heart

Autopilot off: Give your attention to an area of your leadership where you recognize you want to be more persuasive. Relax your logical arguments for the moment. Get ready to connect with your heart on the topic.

Be Aware:

Tune into how your own heart feels about the topic you want others to be interested in or enthusiastic about.

Go deeper to feel your own feelings about the issue. How would you feel with success? With failure?

How do those feelings inform how you feel about this topic?

Write down or speak out loud, “Here’s why I feel strongly about this issue”

Assess: Assess on a scale of 1-10 (10 being high) how much you are letting your heart speak on this issue.



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Emotional Self-Leadership Challenge #3: Lead Powerfully by Connecting with Your Heart

Adjust: What adjustments do you want to make in your messaging that appropriately enables your heart to speak to the hearts of others?



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My Recent Regrettable Leadership Experience – Emotional Dimension

Autopilot off: Be curious and ready to notice new things about yourself.

Be Aware:

Using the new perspectives on your emotional dimension from Chapter Five, consider the following questions to help you be more aware of how you were showing up emotionally in your regrettable leadership experience.

What emotion was I feeling (glad, sad, mad, scared or shame)?

Was I trying to ignore or hide any of my feelings?

Did my emotions change during the encounter? If so, how?

Was there something/someone outside the meeting or conversation that also impacted my emotions?

Was I letting my emotions show?

Was I passionate about the topic(s) being discussed?

What emotion did others detect in me? How might they have detected this?

Assess: On a scale of 1-10 (10 being awesome!), how was I doing emotionally prior to the start of my recent regrettable leadership experience.

On a scale of 1-10, how was I doing emotionally during the experience?

Overall Assessment: _____



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My Recent Regrettable Leadership Experience – Emotional Dimension

Adjust: What adjustments do I wish I had made prior to and/or during the experience?
