



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Exercises related to your Spiritual Dimension are worthy of more time. Consider taking a quiet morning away from the office or a more extended personal retreat away from “everything” to give these exercises the quiet and attention they deserve. You would do well to let your reflections “marinate” so they become more true and savory as you reflect on them over time. You may want to keep an ongoing record of your answers where you return to them periodically and refine them as you gain greater clarity.



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Spiritual Self-Leadership Challenge #1: Know Who You Are (Identity)

Autopilot off: Make intentional time to do this exercise when you are not burdened with immediate distractions, obligations or deadlines. This is important work for you to keep moving toward your best self.

Be Aware:

What comments have others made about who you are? These might be titles or descriptions.

How would you describe who you are? "I am . . ."

Who do you aspire to be? How do you want to be known to others?

Assess: How would you assess the gap between who you are today and who you desire to be?



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Spiritual Self-Leadership Challenge #1: Know Who You Are (Identity)

Adjust: What are some steps or practices you can begin that will help you more consistently be who you want to be?

Who could be a talking partner with you about this important part of your Spiritual Dimension?



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Spiritual Self-Leadership Challenge #2: Know Why You Are Here (Purpose)

Autopilot off: You have a contribution to make. You are a difference-maker. Pause to reflect on your purpose and the opportunity you have to live an on-purpose life. Make the shift from reacting to your circumstances to being proactive and intentional with your gifts.

Be Aware:

Consider the following as “starter” questions for clarifying your purpose:

- I feel most alive when . . .
- I want to be remembered for . . . but I especially want to be remembered for . . .
- I am totally in my zone when . . .
- I feel most fulfilled when . . .
- I find my greatest joy in . . .
- If money were no object, I would like to spend more/all of my time doing . . .
- I want my legacy to be . . .
- If I knew I had only three months to live, I would make sure I . . .

Assess: How aligned is your current sense of purpose with your present leadership responsibilities?



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Spiritual Self-Leadership Challenge #2: Know Why You Are Here (Purpose)

Adjust: What are one or two changes you would like to make to be better aligned with your sense of purpose?



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Spiritual Self-Leadership Challenge #3: Examine Your Beliefs

Autopilot off: Your beliefs influence how you think, feel and act. Pause from the world around you and take inventory within.

Be Aware:

What are three to five foundational beliefs that influence how you lead others?

Think about a topic or action that causes you to say, “We have to do it this way.” What beliefs lead you to such conviction?

If challenged, what beliefs would you fight for?

Assess: How aligned are your beliefs with your current leadership responsibilities? Where is there tension between what you believe and what you are being asked to do?



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Spiritual Self-Leadership Challenge #3: Examine Your Beliefs

Adjust: What adjustments do you want to make to be able to lead more consistently in line with your beliefs? Is there a conversation you need to have with someone?

list of **VALUES**

Acceptance	Enthusiasm	Justice	Safety
Accountability	Equality	Kindness	Security
Achievement	Ethics	Knowledge	Self-discipline
Adaptability	Excellence	Leadership	Self-expression
Adventure	Exploring	Learning	Self-respect
Altruism	Fairness	Legacy	Serenity
Ambition	Faith	Leisure	Service
Athleticism	Family	Love	Simplicity
Authenticity	Financial security	Loyalty	Sobriety
Balance	Fitness	Making a difference	Spirituality
Beauty	Forgiveness	Mercy	Spontaneity
Being the best	Freedom	Nature	Sportsmanship
Belonging	Friendship	Objectivity	Stability
Career	Fun	Open-mindedness	Stewardship
Caring	Future generations	Optimism	Strength
Collaboration	Generosity	Order	Success
Comfort	Giving back	Originality	Teamwork
Commitment	Grace	Ownership	Tenacity
Community	Gratitude	Parenting	Thrift
Compassion	Growth	Patience	Time
Competence	Harmony	Patriotism	Tradition
Confidence	Health	Peace	Travel
Connection	Home	Perseverance	Trust
Consistency	Honesty	Personal fulfillment	Truth
Contentment	Hope	Play	Understanding
Contribution	Hospitality	Positivity	Uniqueness
Cooperation	Humility	Power	Usefulness
Courage	Humor	Precision	Vision
Creativity	Imagination	Preparation	Vulnerability
Curiosity	Inclusion	Pride	Wealth
Dependability	Independence	Productivity	Well-being
Dignity	Initiative	Recognition	Wholeheartedness
Diversity	Innovation	Reliability	Wisdom
Environment	Integrity	Resourcefulness	Work
Efficiency	Intellect	Respect	<i>Add your own:</i>
Encouragement	Intuition	Responsibility	_____
	Job security	Risk-taking	_____
	Joy	Sacrifice	



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Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Autopilot off: Pause from reacting to the demands of your day. Quiet your body, your mind, your emotions. Prepare yourself to consider the depths of your Spiritual core.

Be Aware:

In thinking about your values, consider the question, “What do I really want in life?” What is so important to you?

Using the list of Values on the previous page, narrow the list down to your Top Ten. Keep in mind that while you may value much of what is on the list, these ten rise to the top.

Now narrow this list to your Top Five.

Finally, select your top one or two values.

Assess: How aligned are your top values with the activities you find yourself doing each day? Is the alignment high, low, or somewhere in between?



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Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Adjust: What are one or two adjustments you could make to better align with what you value most on a more consistent basis?



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My Recent Regrettable Leadership Experience – Spiritual Dimension

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

Be Aware:

Using the new perspectives on your spiritual dimension from Chapter Six, and from the previous Spiritual Self-Leadership challenges, consider the following questions to help you be more aware of how you were showing up spiritually in your regrettable leadership experience.

What was at stake regarding my identity (who I am)?

What was at stake in terms of what I sense as my purpose (why I am here)?

What was at stake regarding my character? My beliefs?

How did my values play a part? What did I really want?

Did I manifest on the outside (physical, intellectual, emotional) what I believed on the inside?

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

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

Overall Assessment: _____



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My Recent Regrettable Leadership Experience – Spiritual Dimension

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