



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 7: Four-Dimensional Awareness: Putting It All Together

All Four Dimensions: PAST – Reflect on a Recent Meeting or Conversation

Autopilot off: Before moving on to the next thing, pause to do a brief 4-dimensional review of yourself in a recent leadership meeting or conversation.

Be Aware:

Without judgement, notice as much as you can:

Physical

- How was I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?
- How was my posture?
- What was my position relative to others?
- What was the look on my face?
- What was I doing with my hands (or other body parts)?
- Was I leaning towards/away from others?
- Was I tense? Where?
- How was my breathing?
- When others looked at me, what did they see?

Intellectual

- What was foremost on my mind? Was this thought helpful? Was it true?
- What else was I thinking about in the background (perhaps something in the recent past or near future)?
- What was I thinking about the meeting?
- What was I thinking about the other person(s)?
- What was I thinking about myself?
- How did I process my thoughts (creatively, randomly, logically)?
- How were others reacting to my thinking?

Emotional

- 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?



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All Four Dimensions: PAST – Reflect on a Recent Meeting or Conversation

Assess: On a scale of 1-10 (10 being awesome!), how was I doing in each dimension prior to the start of this recent meeting or conversation. _____

Overall Assessment prior: _____

On a scale of 1-10, how was I doing in each dimension during the meeting or conversation? _____

Overall Assessment during: _____

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



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All Four Dimensions: PRESENT – Check in Right Now!

Autopilot off: Anytime is a good time to pause and practice being Aware. Even if you have no pressing obligation with others, you can lead yourself better in your quiet time.

Be Aware:

Without judgement, notice as much as you can about yourself right now:

Physical

How am I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?

What am I taking care of my body (exercise, sleep, food, liquids)?

How is my posture?

Where am I relative to others?

What is the look on my face?

What am I doing with my hands (or other body parts)?

Am I tense? Where? What can I do to relieve tension?

How is my breathing?

If others were looking at me, what would they see?

Intellectual

What is foremost in my mind? Is it good? Is it true?

What else am I thinking about in the background (perhaps something in the recent past or near future)?

What am I thinking about any big tasks for today?

What am I thinking about significant people in my life?

What am I thinking about myself?

How am I processing my thoughts (creatively, randomly, logically)?

What are my most 'powerful' thoughts?

Emotional

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

Am I feeling or ignoring my emotions?

Is there something/someone in particular that is affecting my emotions? What do I want to do with that?

How are my emotions showing in my body? Is this helpful?

If others were around me what emotion might they detect in me? How might they detect this?



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All Four Dimensions: PRESENT – Check in Right Now!

Assess: On a scale of 1-10 (10 being awesome!), how am I doing in each dimension right now. _____
Overall Assessment: _____

Adjust: What adjustment(s) do I want to make to be at my best for whatever is next?



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All Four Dimensions: FUTURE – Prepare for an Upcoming Meeting or Conversation

Autopilot off: Have an important meeting or conversation coming up where you want to be at your best? Don't go into it on Autopilot. Pause to be Aware, Assess and Adjust.

Be Aware:

Without judgement, notice as much as you can about yourself:

Physical

How am I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?

What can I do now to show up at my best physically (exercise, sleep, food, liquids)?

How is my posture?

What could be my position in the room relative to others?

What is the look on my face?

What am I doing with my hands (or other body parts)?

Am I leaning towards/away from others?

Am I tense? Where? What can I do to relieve tension?

How is my breathing?

When others look at me, what do/will they see?

Intellectual

What is foremost in my mind? Is it good? Is it true?

What else am I thinking about in the background (perhaps something in the recent past or near future)?

What am I thinking about this meeting?

What am I thinking about the other person(s) in the meeting?

What am I thinking about myself?

How do I process my thoughts (creatively, randomly, logically)?

What are my most 'powerful' thoughts?

Emotional

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

Am I feeling or ignoring my emotions?

Is there something/someone outside the meeting or conversation that also impacts my emotions? What do I want to do with that?

Am I letting my emotions show? Is this helpful?

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

What emotion might others detect in me? How might they detect this?



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All Four Dimensions: FUTURE – Prepare for an Upcoming Meeting or Conversation

Assess: On a scale of 1-10 (10 being awesome!), how am I doing in each dimension prior to the start of this meeting or conversation. _____

Overall Assessment: _____

Adjust: What adjustments do I want to make to be at my best in this meeting or conversation?
