



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 3: The Physical Dimension

Physical Self-Leadership Challenge #1: Get Ready to Lead Physically

Autopilot off: Think about your routines from the past week.

Be Aware: Reflect on your present physical condition:

Am I getting enough sleep?

How healthy is my diet?

How does my eating align with my energy needs?

What liquids do I drink? When? How much?

What do I do for exercise? How often?

How much of my exercise is geared toward building/maintaining strength? Stretching and flexibility?
Cardiovascular?

How does my exercise align with the demands of my job?

What are the primary sources of stress in my life? How often and at what intensity do they show up?

Assess: Assign a grade / Measure how you're doing in the following areas:

Sleep
Food

Exercise
Stress

Liquids

Overall Physical Assessment: _____



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Physical Self-Leadership Challenge #1: Get Ready to Lead Physically

Adjust: What adjustments do I need to make?



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Physical Self-Leadership Challenge #2: Deal with Stress – Now!

Note: Stresses can trigger each of your four dimensions. You may want to be sure you have read about all four dimensions before doing this exercise.

Autopilot off: Quiet your four dimensions with a centering or meditation exercise. At a minimum, settle yourself a little by taking two lengthy deep breaths.

Be Aware: Reflect on your present physical condition:

What parts of my life or leadership are hard right now?

What would make them easier?

What am I longing to stop doing? To start doing?

How long have I noticed friction or hard things in my life or leadership?

Are their common people or projects associated with my stress?

How does the stress impact each of my four dimensions?

Assess: What percentage of my time would I say I am feeling stressed?

How would I assess my average stress level the past week?

Overall Assessment: _____



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Physical Self-Leadership Challenge #2: Deal with Stress – Now!

Adjust: What adjustments do I need to make?



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My Recent Regrettable Leadership Experience – Physical Dimension

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

Be Aware: Using the new perspectives on your physical dimension from Chapter Three, consider the following questions to help you be more aware of how you were showing up physically in your regrettable leadership experience.

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??

Assess:

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

Overall Assessment: _____



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My Recent Regrettable Leadership Experience – Physical Dimension

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