



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 10: Adjust

Questions for Reflection

As you have learned to turn off Autopilot, be Aware and Assess, what are some obvious Adjustments you have already identified and/or made in yourself?

Think of one or two areas where you have made a big, positive change in yourself in the past. What were the factors that helped you be successful at making the change?

From the Short-Term Adjustments referenced in Chapter Ten, or your own list, what are one or two “go-to” moves you want to remember for Adjusting in the future?

What are one or two Long-Term Adjustments you would like to make to be a better version of yourself in the future? What would be so good about you making this change? When would you like start? Who do you want to tell?
