



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 3: The Physical Dimension

Questions for Reflection

Recall a time recently when you were present with others but not speaking. What might your physical presence have communicated to others?

What is your ideal physical preparation to be at your best for a big presentation, conversation or meeting?

Reflect on a situation where you felt stressed or uncomfortable in the presence of others. Where did you feel that in your body? What did your body feel like doing at that moment?

What are some changes you want to make in the next 24 hours to lead at your best physically?
