



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 5: The Emotional Dimension

Questions for Reflection

What people or experiences shaped or influenced your emotions as you grew up?

Recall a time when you were on autopilot and your emotions were “in charge” of you. What did you want in that situation?

What emotion(s) do you notice most often in yourself? Do you let others see this emotion or do you try to cover it up?

When you are at your best as a leader, how are you self-leading your emotional dimension?

What are one or two long-term adjustments you want to make as a leader in your Emotional Dimension?
