



# LIKE YOU WERE MEANT TO

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

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## Questions for Reflection

What new aspects are you noticing about yourself through increased self-awareness in all four of your dimensions?

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When is the last time you went through the awkward phase of learning to do something for the first time? What lessons does that offer you in learning to make “Turn off Autopilot / Turn on Awareness” more second nature?

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For the next four weeks (or whatever timeline you want), what routine do you want to have for practicing Awareness with the four dimensions?

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What is one example where you have noticed something new in others as a result of noticing so much more in yourself?

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