



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 9: Assess

Questions for Reflection

What is the difference between noticing (Awareness) and assigning a value to all I am noticing (Assessment)?
How can Assessing help me lead better?

What scale would I like to use regularly to Assess how I am doing in my Four Dimensions?

What are some words or phrases I would use to describe “me at my best” in each of the Four Dimensions?
(for further reflection, see Exercise 27 – Defining My Ideal Self)

What are some good times in my day or week to routinely pause and Assess how I am doing?

What are one or more triggers I have (and in which dimensions) that can lead me away from being my best?
