



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 8: My Default Dimension

Aware, Assess, Adjust: How am I Doing Right Now?

Autopilot off: Turn off Autopilot and tune in to you.

Be Aware:

Jot down all you notice about your current condition in each dimension.

<p style="text-align: center;">Physical</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (P) Assessment: _____</p>	<p style="text-align: center;">Intellectual</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (I) Assessment: _____</p>
<p style="text-align: center;">Emotional</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (E) Assessment: _____</p>	<p style="text-align: center;">Spiritual</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (S) Assessment: _____</p>

Assess: Assign a value to your current condition in each dimension



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Aware, Assess, Adjust: How am I Doing Right Now?

Adjust: What are one or two adjustments you can and want to make right now to lead better?



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Reading Guide | Chapter 9: Assess

Defining My Ideal Self

Autopilot off: You may be able to do this exercise in the midst of a routine day. But more likely, your best thoughts for this may come on a personal retreat or in the middle of a relaxing vacation. Make the time and space to disengage with the outside world and gain greater insight for your inside world.

Be Aware:

Reflect on some of your best moments as a leader – times when you were on your game! When all the world seemed to be moving with you and supporting you. You had no worries, agitations or anything to be embarrassed about. You at your best!

Using some of the prompts for your Spiritual Dimension (see chapter 6) who were you in those moments (Identity), and how were your Purpose, Beliefs and Values aligned? Write down everything that comes to mind.

When I am my Ideal Self, how would I describe my Physical, Intellectual and Emotional Dimensions (see chs 3-5)?

Assess: When I am my Ideal Self, I am an 11 on a 10-point scale, A++, 110%, AWESOME!



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Reading Guide | Chapter 9: Assess

Defining My Ideal Self

Adjust: What adjustments do I need to make to move closer to leading with my Ideal Self?
