



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 4: The Intellectual Dimension

My Recent Regrettable Leadership Experience – Intellectual Dimension

Autopilot off: Be curious and ready to notice new things about yourself.

Be Aware:

Using the new perspectives on your intellectual dimension from Chapter Four, consider the following questions to help you be more aware of how you were showing up intellectually in your regrettable leadership experience.

- What was foremost on my mind? Was this thought helpful? Was it true?
- What else was I thinking about in the background (perhaps something in the recent past or near future)?
- What was I thinking about the meeting?
- What was I thinking about the other person(s)?
- What was I thinking about myself?
- How did I process my thoughts (creatively, randomly, logically)?
- How were others reacting to my thinking?

Assess: On a scale of 1-10 (10 being awesome!), how was I managing myself intellectually prior to the start of my recent regrettable leadership experience.

On a scale of 1-10, how was I managing myself intellectually during the experience?

Overall Assessment: _____



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Adjust: What adjustments do I wish I had made prior to and/or during the experience?
