



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 5: The Emotional Dimension

Emotional Self-Leadership Challenge #1: Notice and Manage Your Emotions

Autopilot off: Allow your body to relax. Breathe. Now allow your thoughts to relax – turn off thinking (as much as possible) and tune in to how you are feeling.

Be Aware:

What single word would you use to describe how you are feeling right now?

Now consider the five key emotions: Glad, Sad, Mad, Scared, Shame. Remember that each of these emotions has a volume knob, ranging from low to high. Which of the five do you associate with your current feeling?

Using the definitions below, explore your feeling further. What is it your emotion tells you you “really want?”

Glad: I have what I want

Sad: What I want has been taken away

Mad: An obstacle stands between me and what I want

Scared: What I want could be taken away

Shame: I want to be what others want

Assess: How would you assess (grade) how you are currently showing up based on the emotion you are feeling?



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Adjust: What adjustment do you want to make in light of how you are feeling?
