



# LIKE YOU WERE MEANT TO

## *Reading Guide | Chapter 5: The Emotional Dimension*

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### Emotional Self-Leadership Challenge #2 : Use Your Emotions to Solve Problems and Make Decisions

**Autopilot off:** Slow down and get ready to consider your current problem or decision from a different perspective – through your emotions.

**Be Aware:**

(Reference the “Be Aware” steps in Emotional Self-Leadership Challenge #1: Notice and Manage Your Emotions.)

What does your problem or big decision make you feel?

Which of the 5 emotions does this feeling fall under?

Using the definition for each emotion, what is it you really want related to your decision or problem? You may need to dig deeper to identify what you really really want in this situation.

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**Assess:** How does gaining clarity on “what I want” put you in a more constructive place to manage and channel your emotion for this problem/decision instead of your emotions controlling you?

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**Adjust:** With increased clarity on what you really want, what adjustment can you make now to better solve your problem or make your decision?

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