



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 5: The Emotional Dimension

Emotional Self-Leadership Challenge #3: Lead Powerfully by Connecting with Your Heart

Autopilot off: Give your attention to an area of your leadership where you recognize you want to be more persuasive. Relax your logical arguments for the moment. Get ready to connect with your heart on the topic.

Be Aware:

Tune into how your own heart feels about the topic you want others to be interested in or enthusiastic about.

Go deeper to feel your own feelings about the issue. How would you feel with success? With failure?

How do those feelings inform how you feel about this topic?

Write down or speak out loud, “Here’s why I feel strongly about this issue”

Assess: Assess on a scale of 1-10 (10 being high) how much you are letting your heart speak on this issue.



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Adjust: What adjustments do you want to make in your messaging that appropriately enables your heart to speak to the hearts of others?
