



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 5: The Emotional Dimension

My Recent Regrettable Leadership Experience – Emotional Dimension

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

Be Aware:

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

What emotion was I feeling (glad, sad, mad, scared or shame)?

Was I trying to ignore or hide any of my feelings?

Did my emotions change during the encounter? If so, how?

Was there something/someone outside the meeting or conversation that also impacted my emotions?

Was I letting my emotions show?

Was I passionate about the topic(s) being discussed?

What emotion did others detect in me? How might they have detected this?

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

On a scale of 1-10, how was I doing emotionally 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?
