



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Spiritual Self-Leadership Challenge #1: Know Who You Are (Identity)

Autopilot off: Make intentional time to do this exercise when you are not burdened with immediate distractions, obligations or deadlines. This is important work for you to keep moving toward your best self.

Be Aware:

What comments have others made about who you are? These might be titles or descriptions.

How would you describe who you are? “I am”

Who do you aspire to be? How do you want to be known to others?

Assess: How would you assess the gap between who you are today and who you desire to be?



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Adjust: What are some steps or practices you can begin that will help you more consistently be who you want to be?

Who could be a talking partner with you about this important part of your Spiritual Dimension?
