



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Exercises related to your Spiritual Dimension are worthy of more time. Consider taking a quiet morning away from the office or a more extended personal retreat away from “everything” to give these exercises the quiet and attention they deserve. You would do well to let your reflections “marinate” so they become more true and savory as you reflect on them over time. You may want to keep an ongoing record of your answers where you return to them periodically and refine them as you gain greater clarity.



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My Recent Regrettable Leadership Experience – Spiritual Dimension

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

Be Aware:

Using the new perspectives on your spiritual dimension from Chapter Six, and from the previous Spiritual Self-Leadership challenges, consider the following questions to help you be more aware of how you were showing up spiritually in your regrettable leadership experience.

What was at stake regarding my identity (who I am)?

What was at stake in terms of what I sense as my purpose (why I am here)?

What was at stake regarding my character? My beliefs?

How did my values play a part? What did I really want?

Did I manifest on the outside (physical, intellectual, emotional) what I believed on the inside?

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

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