



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 7: Four-Dimensional Awareness: Putting It All Together

All Four Dimensions: PAST – Reflect on a Recent Meeting or Conversation

Autopilot off: Before moving on to the next thing, pause to do a brief 4-dimensional review of yourself in a recent leadership meeting or conversation.

Be Aware:

Without judgement, notice as much as you can:

Physical

- How was I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?
- How was my posture?
- What was my position relative to others?
- What was the look on my face?
- What was I doing with my hands (or other body parts)?
- Was I leaning towards/away from others?
- Was I tense? Where?
- How was my breathing?
- When others looked at me, what did they see?

Intellectual

- What was foremost on my mind? Was this thought helpful? Was it true?
- What else was I thinking about in the background (perhaps something in the recent past or near future)?
- What was I thinking about the meeting?
- What was I thinking about the other person(s)?
- What was I thinking about myself?
- How did I process my thoughts (creatively, randomly, logically)?
- How were others reacting to my thinking?

Emotional

- 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?



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Assess: On a scale of 1-10 (10 being awesome!), how was I doing in each dimension prior to the start of this recent meeting or conversation. _____

Overall Assessment prior: _____

On a scale of 1-10, how was I doing in each dimension during the meeting or conversation? _____

Overall Assessment during: _____

Adjust: What adjustments do I wish I had made prior to and/or during the meeting or conversation?
