



LIKE YOU WERE MEANT TO

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

All Four Dimensions: PRESENT – Check in Right Now!

Autopilot off: Anytime is a good time to pause and practice being Aware. Even if you have no pressing obligation with others, you can lead yourself better in your quiet time.

Be Aware:

Without judgement, notice as much as you can about yourself right now:

Physical

- How am I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?
- What am I taking care of my body (exercise, sleep, food, liquids)?
- How is my posture?
- Where am I relative to others?
- What is the look on my face?
- What am I doing with my hands (or other body parts)?
- Am I tense? Where? What can I do to relieve tension?
- How is my breathing?
- If others were looking at me, what would they see?

Intellectual

- What is foremost in my mind? Is it good? Is it true?
- What else am I thinking about in the background (perhaps something in the recent past or near future)?
- What am I thinking about any big tasks for today?
- What am I thinking about significant people in my life?
- What am I thinking about myself?
- How am I processing my thoughts (creatively, randomly, logically)?
- What are my most 'powerful' thoughts?

Emotional

- What emotion am I feeling (glad, sad, mad, scared or shame)?
- Am I feeling or ignoring my emotions?
- Is there something/someone in particular that is affecting my emotions? What do I want to do with that?
- How are my emotions showing in my body? Is this helpful?
- If others were around me what emotion might they detect in me? How might they detect this?



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Spiritual

What do I notice regarding my identity in this moment?

What do I notice regarding my personal mission/purpose in life?

What do I notice about my beliefs?

What is something I really want today? What, if any, connection does this have with my values?



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Assess: On a scale of 1-10 (10 being awesome!), how am I doing in each dimension right now. _____
Overall Assessment: _____

Adjust: What adjustment(s) do I want to make to be at my best for whatever is next?
