



LIKE YOU WERE MEANT TO

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

All Four Dimensions: FUTURE – Prepare for an Upcoming Meeting or Conversation

Autopilot off: Have an important meeting or conversation coming up where you want to be at your best? Don't go into it on Autopilot. Pause to be Aware, Assess and Adjust.

Be Aware:

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

Physical

- How am I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?
- What can I do now to show up at my best physically (exercise, sleep, food, liquids)?
- How is my posture?
- What could be my position in the room relative to others?
- What is the look on my face?
- What am I doing with my hands (or other body parts)?
- Am I leaning towards/away from others?
- Am I tense? Where? What can I do to relieve tension?
- How is my breathing?
- When others look at me, what do/will 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 this meeting?
- What am I thinking about the other person(s) in the meeting?
- What am I thinking about myself?
- How do I process 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 outside the meeting or conversation that also impacts my emotions? What do I want to do with that?
- Am I letting my emotions show? Is this helpful?
- Am I passionate about the topic(s) being discussed?
- What emotion might others detect in me? How might they detect this?



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

Overall Assessment: _____

Adjust: What adjustments do I want to make to be at my best in this meeting or conversation?
