



# LIKE YOU WERE MEANT TO

## *Reading Guide | Chapter 8: My Default Dimension*

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### Aware, Assess, Adjust: How am I Doing Right Now?

**Autopilot off:** Turn off Autopilot and tune in to you.

**Be Aware:**

Jot down all you notice about your current condition in each dimension.

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|---|--|
| <p style="text-align: center;">Physical</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (P) Assessment: _____</p>  | <p style="text-align: center;">Intellectual</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (I) Assessment: _____</p> |
| <p style="text-align: center;">Emotional</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (E) Assessment: _____</p> | <p style="text-align: center;">Spiritual</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Overall (S) Assessment: _____</p>    |

**Assess:** Assign a value to your current condition in each dimension



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**Adjust:** What are one or two adjustments you can and want to make right now to lead better?

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