



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 3: The Physical Dimension

Physical Self-Leadership Challenge #1: Get Ready to Lead Physically

Autopilot off: Think about your routines from the past week.

Be Aware: Reflect on your present physical condition:

Am I getting enough sleep?

How healthy is my diet?

How does my eating align with my energy needs?

What liquids do I drink? When? How much?

What do I do for exercise? How often?

How much of my exercise is geared toward building/maintaining strength? Stretching and flexibility?

Cardiovascular?

How does my exercise align with the demands of my job?

What are the primary sources of stress in my life? How often and at what intensity do they show up?

Assess: Assign a grade / Measure how you're doing in the following areas:

Sleep
Food

Exercise
Stress

Liquids

Overall Physical Assessment: _____



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Adjust: What adjustments do I need to make?
