



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 3: The Physical Dimension

Physical Self-Leadership Challenge #2: Deal with Stress – Now!

Note: Stresses can trigger each of your four dimensions. You may want to be sure you have read about all four dimensions before doing this exercise.

Autopilot off: Quiet your four dimensions with a centering or meditation exercise. At a minimum, settle yourself a little by taking two lengthy deep breaths.

Be Aware: Reflect on your present physical condition:

What parts of my life or leadership are hard right now?

What would make them easier?

What am I longing to stop doing? To start doing?

How long have I noticed friction or hard things in my life or leadership?

Are their common people or projects associated with my stress?

How does the stress impact each of my four dimensions?

Assess: What percentage of my time would I say I am feeling stressed?

How would I assess my average stress level the past week?

Overall Assessment: _____



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Adjust: What adjustments do I need to make?
