



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 3: The Physical Dimension

My Recent Regrettable Leadership Experience – Physical Dimension

Autopilot off: Be curious and ready to notice new things about yourself.

Be Aware: Using the new perspectives on your physical dimension from Chapter Three, consider the following questions to help you be more aware of how you were showing up physically in your regrettable leadership experience.

How was I doing physically (hungry, thirsty, tired, sick, sore, rested, healthy energetic)?

How was my posture?

What was my position relative to others?

What was the look on my face?

What was I doing with my hands (or other body parts)?

Was I leaning towards/away from others?

Was I tense? Where?

How was my breathing?

When others looked at me, what did they see??

Assess:

On a scale of 1-10 (10 being awesome!), how was I doing physically prior to the start of my recent regrettable leadership experience.

Overall Assessment: _____



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Adjust: What adjustments do I wish I had made prior to and/or during the experience?
