



# LIKE YOU WERE MEANT TO

*Reading Guide | Chapter 4: The Intellectual Dimension*

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## Intellectual Self-Leadership Challenge #1: Manage Your Brain Fuel!

**Autopilot off:** Pause. Take a few relaxing breaths. Change out the air in your lungs! Disengage from reacting to others so you can better lead yourself.

**Be Aware:** Use these questions to notice how you are using your brainpower:

What responsibilities do you have right now that require your best thinking? Your most creative thinking?

When are you making (or finding!) time to do this most important thinking?

Reference the chart in the previous exercise. In what ways does your energy level correspond, or not, with your most important thinking?

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**Assess:** Overall, what grade would you give yourself for matching your physical energy level to your most important, creative thinking?

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**Adjust:** What adjustments would you like to make the next time you need to be creative or do some good thinking?

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