



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Exercises related to your Spiritual Dimension are worthy of more time. Consider taking a quiet morning away from the office or a more extended personal retreat away from “everything” to give these exercises the quiet and attention they deserve. You would do well to let your reflections “marinate” so they become more true and savory as you reflect on them over time. You may want to keep an ongoing record of your answers where you return to them periodically and refine them as you gain greater clarity.
