

MICROMANAGEMENT

Who, if anyone, do you micromanage? Name names:

What are the specific incidents or situations where you have believed you needed to micromanage someone? Do they have anything in common?

What is your story about why you have to do this? I have to do this because.....

What are you scared will happen if you don't?

Who, if anyone, micromanages you? Name names:

What are the specific incidents or situations where micromanagement occurred?

What is your story about why they do this?

What is holding you back from saying something?

On a scale of 1 to 10, how much is this draining energy from your work to change the world? (1 "it's a rock in my emotional shoe, 10 "this is sucking the life out of me.")

< --- 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 --- >

What is sucking the life energy out of you?

Are you willing to shift this dynamic? Yes | No