**ACTIVITY: Identify Sources of Micro-stresses**

**Instructions:**

1. Indicate two or three micro-stresses that ***have the greatest impact on you***. Place an “X” in the appropriate cells to identify the source(s) of each.
2. Select two or three cells where you are ***un-necessarily creating stress for others***. Place an “O” in these cells.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **​** | **Who is driving your stress?​** | | | | | |
| **What is driving your stress?​** | **Boss​** | **Leaders​** | **Peers​** | **Client** | **Team​** | **Loved Ones​** |
| **Micro-Stresses Draining Your Personal Capacity**​ | | | | | | |
| Misalignment of roles or priorities​ | ​ | ​ | ​ | ​ | ​ | ​ |
| When others don’t deliver reliably ​ | ​ | ​ | ​ | ​ | ​ | ​ |
| Unpredictable behavior from a person in a position of authority ​ | ​ | ​ | ​ | ​ | ​ | ​ |
| Volume and diversity of collaborative demands | ​ | ​ | ​ | ​ | ​ | ​ |
| Surge in responsibilities at work or home​ | ​ | ​ | ​ | ​ | ​ | ​ |
| **Micro-Stresses Depleting Your Emotional Reserves​** | | | | | | |
| Managing and feeling responsibility for the success/ well-being​ of others | ​ | ​ | ​ | ​ | ​ | ​ |
| Confrontational conversations​ | ​ | ​ | ​ | ​ | ​ | ​ |
| Mistrust in your network​ | ​ | ​ | ​ | ​ | ​ | ​ |
| People who spread a contagion of stress |  |  |  |  |  |  |
| ​Political maneuvering in system | ​ | ​ | ​ | ​ | ​ | ​ |
| **Micro-Stresses Challenging Your Identity ​** | | | | | | |
| Pressure to pursue goals out of synch with your personal values​ | ​ | ​ | ​ | ​ | ​ | ​ |
| When someone undermines your sense of self confidence, worth, control​ | ​ | ​ | ​ | ​ | ​ | ​ |
| Negative or draining interactions with family or friends |  |  |  |  |  |  |
| Disruptions to your network​ | ​ | ​ | ​ | ​ | ​ | ​ |



**ACTIVITY: Identify Sources of Relational Purpose**

**Instructions:**

1. Allocate 100 points across the sources of relational purpose to indicate where your investing energy.
2. Star the sources of relational purpose where you would like strengthen and invest more energy.

