

PREPARATION PHASE
Action-Able Exercise P9:
See your Manager

Imagine your Manager. Is your Manager male or female? What's your Manager wearing or holding? My Manager carries a clipboard, showing me she's organized and has a plan. A heart is drawn on the back of her clipboard, reminding me my Manager is nice, not a taskmaster like the Inner Critic. How will you see your Manager's calm thoughtfulness? What does your Manager say to keep you focused on your goal? Describe or create a detailed image of your Manager.

Manager

