





4. Is there any critical information I have withheld from colleagues and/or important people in my life?
  
  
  
  
  
  
  
  
  
  
5. Are there emotions I've withheld? (e.g. sad, scared, angry, happy)
  
  
  
  
  
  
  
  
  
  
6. Are there stories I've made up, but haven't revealed or confirmed?
  
  
  
  
  
  
  
  
  
  
7. Do I have any unexpressed feedback for colleagues and/or important people in my life?
  
  
  
  
  
  
  
  
  
  
8. Do I have any unexpressed appreciations for colleagues and/or important people in my life?
  
  
  
  
  
  
  
  
  
  
9. Have I broken any agreements that need clearing or changing?

Based on work developed by [hendricks.com](http://hendricks.com) and [juliamunson.com](http://juliamunson.com)  
[craftedleadership.com](http://craftedleadership.com)