

# LEADERSHIP DISEASE CHECKLIST B1. EXPLATONOMY

## SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past? Which apply to you?

- You have a continual feeling of being overloaded, overwhelmed, and excessively stressed.
- You cannot get to what needs to be done.
- When you accept a new responsibility, you strongly feel you can fit it in and get it done.
- You wake up at night thinking of all the things that need to be done.
- You have a feeling of being over-scheduled.
- You are usually quite successful with any leadership role you take on.
- You are usually late to scheduled meetings and events.
- People remark, "(S)he will never say no."
- You want to get things done, you know you can, so you take it on.
- You know they really need you in order to succeed
- You say YES to please others.
- Periodically, you feel like you would like to run away to some remote island and become a hermit.
- You enjoy the recognition when stepping into a new leadership position.
- You are so overcommitted you cannot get everything done.
- You regularly have to choose between multiple obligations within the same time period.
- You are regularly worried something is going to fall through the cracks.
- People say that you are working too much, and you kind of like their comment.
- You think you are spread too thinly.
- You take a leadership role because you believe no one else will or can do it as well as you.
- Saying YES to leadership roles makes you feel good.
- People say, "We can always count on you."
- You think your right arm has an automatic upward reflex when someone asks for volunteers.
- It feels like your obligations are more than you can handle.
- You believe that people admire you for always stepping up.
- You are honored to be asked.
- You enjoy being a martyr or griping about your load.
- You are afraid to say NO because you will lose power or prestige.
- When you say, "Let me think about it," but you really don't and say YES anyway.
- You feel guilty when you say YES and then do little to nothing.
- You are easily excited by new challenges and opportunities.
- You feel left out when you are not included.

EXPLATONOMY - SYMPTOMS: Total Score: