Sharing The Load

**Simply tick the statements that apply to you. When you have finished, look again at where your ticks are and consider what actions you could take to make the appropriate change.**

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| **Reason for not sharing tasks or****enabling and delegating opportunities** | **Change in attitude needed** | **Tick** |
| Didn't think of it.I find it difficult to ask people to do things.  |  |   |
| I don't have time to delegate. |  |   |
| It's quicker to do the job myself; explaining it to someone else takes too much time.  |  |   |
| I could do the job better/quicker.No one else can do the job. |  |   |
| I need to know exactly what is happening. |  |   |
| I enjoy this job.I've always done it this way. |  |   |
| I'm afraid it won't be done properly and I'll get the blame. |  |   |
| I'm afraid someone else will do it better than me.  |  |   |
| They don't do it my way. |  |   |
| I'm afraid to face up to my new role in delegation.  |  |   |
| I like to be respected for working so hard. |  |  |