

# Micro-Messaging Worksheet

- Micro-inequities

- Micro-affirmations

# Recognizing Micro-Inequities

## *Self-Assessment*

Micro-inequities I sent this time:

Micro-inequities I received:

Micro-inequities I observed:

## *Self-Improvement*

Micro-affirmations I can send next time:

Strategies for taking action:

Strategies for intervening:

**Worksheet based on Stephen Young, *Microinequities: The Power of Small*, 2008 Insight Education Systems**