

## Macro and Micro Beat Sheets

Q.

I don't get macro and micro beat sheets.

A.

Macro is a term used to describe the external, general environment and micro is used to describe the internal, specific environment.

With regards to the 510+ stage hero's journey:

You macro beat sheet between the major stages:

- Arrival into the New World / Border Symbolism (describe).
- Push into the Cave (how).
- Fish out of Water in the Cave (where).
- Etc.

And then micro beat sheet each major stage, for example, with the Fish out of Water stage:

- People look at him.
- Clothes brush against the bar and knock over a glass.
- Says "Tomatoe" instead of "Tomata."
- Etc.

Best,

<http://www.clickok.co.uk/index4.html>