

Roles & Reflection

Current Roles

A. Take a moment to write down all of the roles the you play in your life now (employee, manager, parent, daughter, friend, artist, gardener, volunteer,)

1. _____	7. _____
2. _____	8. _____
3. _____	9. _____
4. _____	10. _____
5. _____	11. _____
6. _____	12. _____

B. Now cross off all of the roles that do not apply to “work”. What remains on your list?

If I removed my work roles, who remains - and how do those roles want more time and attention?