

The Roles You Carry

See all the roles you are holding at once and how each one sits with you.

WHEN TO USE THIS

Use this when you feel pulled in several directions at the same time.

List the roles you are in. Parent, worker, friend, the one who handles things.

ROLE	WHAT IT ASKS	HOW IT FITS ME

Which role feels most like you?

Which one takes the most and gives back the least right now?

Is there anything in that role you could hand off, share, or set down?

You are the person underneath all of these, not the sum of them.