

Who You Are Outside of Work

Find the parts of you that are not your job, your title, or what you produce.

WHEN TO USE THIS

Use this when most of your answer to who am I is what you do for a living.

Someone asks who you are and you cannot mention work. What do you say?

Name things you like, care about, or are good at that have nothing to do with your job.

1.

2.

3.

4.

5.

Which of those has been getting the least room lately?

What would giving it a little room look like this month?

What you do pays the bills. It was never the whole of you.