

WHICH ROLES DO YOU TAKE?

1. Write down which roles you take in your life today (try to describe at most 8 roles, more than this in one week is not practical.) Don't forget the taking-care-of-yourself role).

1. ME

2.

3.

4.

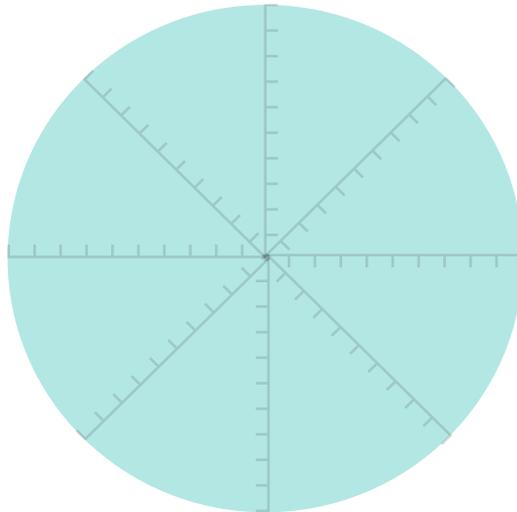
5.

6.

7.

8.

2. Which three roles from your list are essential to your wellbeing? Why?
3. Divide the circle (next page) into as many spokes as the number of roles you have listed. Give each spoke the name of the role concerned.
4. Indicate on each axis how much attention you've given to this role this year (scoring 0 for low and 10 for high).
5. Draw a line to link the scores on the spokes. Does this feel balanced?
6. What would be your ideal score for each role? Bearing in mind that time and energy are scarce commodities, you will have to make choices. You can't give a score of 10 to everything. What is realistic?
7. Draw your ideal scores in a different colour on the spokes. Draw a line to link the scores.



8. What conclusions can you draw from the differences between the 'current' and the 'desired' situation?
9. Use arrows to indicate on the spokes which roles you want to focus more/less on in the coming period.
10. What actions are you going to take to focus more on specific roles? Write reminders for yourself below.

11. Plan specific times in your schedule for these resolutions. Maybe it's an idea to use different colours to indicate those roles you wish to focus on more intensively.