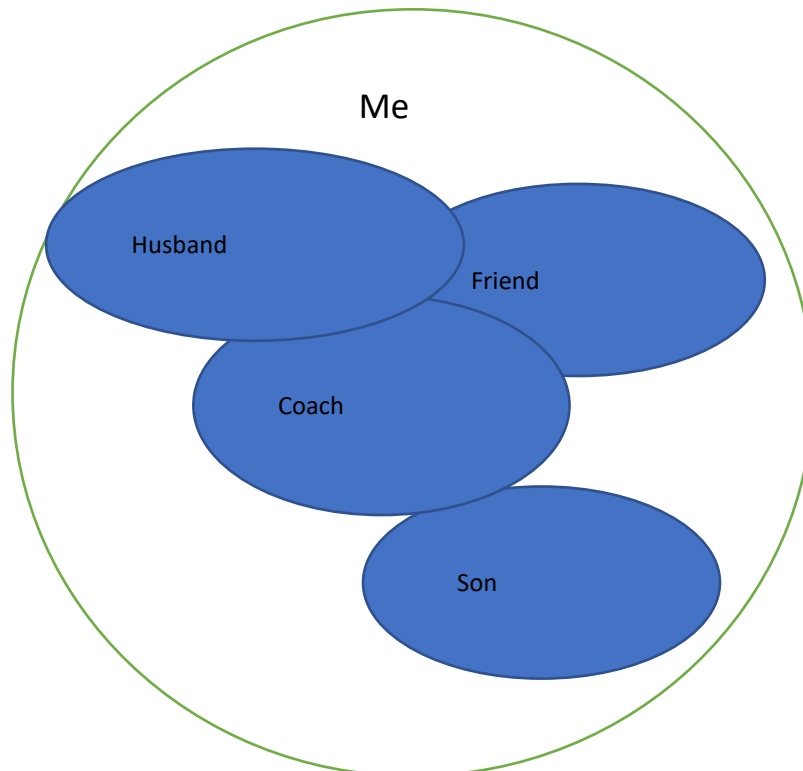


By
John Kenny
John Kenny Coaching

Life Roles



This is just an example of some of the roles I play in my life

Life Roles Exercise

We all have roles that we carry out in our lives, they can be separate or overlap. Do you find that they overlap too much or you are keeping everything in your life separate? Both can have positive and detrimental impacts on your quality of life.

This tool helps you to clarify your life roles and help establish boundaries, understand your limitations and where you keep yourself apart from others.

Do you feel the need to redefine your boundaries?

Feeling overwhelmed or alone?

Feeling stretched, trying to be too many things to too many people?

- Get a blank sheet of paper
- Head it "My Life Roles"
- Draw a large circle
- Divide the circle parts – where each area represents a role in your life – Mother, Partner, Boss, Sister, Son, etc.
- The bigger the piece the more important it is to you.
- What you have come up with. Any surprises? Did you allow for any space for **You** in there or is your circle completely full?
- Draw another wheel the way you would like things to be.
- What are the differences with your first roles wheel and the second one? How can you make the changes that you would like to see?

