

The Map of Roles



What roles do you have? What roles did you have in the past?



Which one satisfies you? Which one you want to change?

The Map of Roles



Instructions:

Complete the next page with your roles. The present ones, the past ones or even the future ones.

Now look at your map:

- Which role feels the most vivid?
- Which one drains you?
- What role you wish to grow?
- Which one needs space?
- Which one is full of resources?
- Which role is filling your day?
- Which role have you neglected for too long?
- Which role protects you?
- Which role is helping you grow?
- Which role feels closest to your authentic self?

or any other questions you feel like...

Observe your feelings and write your insights.

My Map of Roles

Name:

Date:



My Insights about my Roles



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