

# 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



.....



.....



.....



.....



.....



.....



.....



.....



.....