Who Am I Beyond My Roles

Map your current roles and make room for one thing that matters to you.

Save a working copy. Open it in a PDF app that supports forms, fill it in, save, then reopen to check your answers. Use short phrases that fit the visible boxes; shorten an entry if a box is full.

1 See the roles you carry

Allow about 10-15 minutes for a first pass. Use this when other people's expectations fill the picture. Start with three roles from this week. Roles can be meaningful and freely chosen; you do not need to reject them.

For each role, name one demand. Mark S if someone actually said it, or G if you are guessing. If you are unsure, write that. Use short notes, not your whole life story.

Fictional example

Alex's roles: colleague - reply the same day (S); sibling - organize every family visit (G); friend - keep Friday plans (S). Alex values these relationships but notices that organizing every visit has never been discussed.

Role 1 and one demand

Role; demand; S or G; who said it, if known.

Role 2 and one demand

Work, relationships, community, care or another part of life.

Role 3 and one demand

Add your own role. An uncertainty can stay visible.

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2 Listen for your own priorities

Look at your map. What do you enjoy, miss, or wish were different? These everyday distinctions may help; they are prompts, not test categories.

A value guides how you want to act, such as fairness. A need names something you require now, such as rest. An interest draws your curiosity, such as photography. A wish is an outcome you would like, such as a quieter weekend. Use your own words.

A value I want to act on

For example: honesty, curiosity, care, fairness.

A need asking for attention

For example: rest, support, time to focus.

An interest I want to explore

Something that holds your attention.

A wish about daily life

Something you would like to be different.

If nothing comes to mind, recall one recent moment you wanted more of, or one moment you wanted to end. What mattered there? You can leave other boxes blank.

One value, need or interest I choose to make room for

Name it and why it matters now. A wish can help you find it.

Fictional example continued

Alex chooses an interest in drawing. The wish is one quiet evening; the next step will be 20 minutes with a sketchbook, rather than a promise to change every role.

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3 Try one small change

Choose one action small enough for your actual week. It might express a value inside a role, make time for an interest, or ask for support. You do not have to solve the whole map.

My small action and when I will try it

For example: sketch for 20 minutes on Wednesday after dinner.

What needs arranging first

Name one resource, conversation or change. If none, write none.

When I will review it and what I will notice

For example: Thursday - did I enjoy it, and was the timing workable?

- [ ] I have separated stated expectations from guesses.
- [ ] This action connects to something I chose.
- [ ] The time and support needed are realistic.

Next: put the action in your calendar or make the one arrangement it needs. If the action feels too large, reduce it. Your notes are a starting point for reflection, not a judgment of who you are.

If you want to explore further

This map can help you see your roles alongside one personal priority. You may want more space to explore what matters across different parts of life. Beyond Your Roles is the related toolkit for that broader reflection. If useful, look for Beyond Your Roles at www.directionbychoice.com.