

## Life Roles Exercise

**Exercise:** Which of the following roles are part of your life? Put a “star” next to them. Who is your role model for your key roles? Why? What is the most important thing to fulfilling your role?

Family	Role Model/Why?	How do you fulfill your role?
Son/Daughter	_____	_____
Brother/Sister	_____	_____
Uncle/Aunt	_____	_____
Grandson/Granddaughter	_____	_____
Mother/Father	_____	_____
Boyfriend/girlfriend	_____	_____
Husband/wife	_____	_____
_____	_____	_____
Other		
Friend	_____	_____
Partner (e.g. in work)	_____	_____
Provider/caregiver	_____	_____
Church support	_____	_____
Volunteer	_____	_____
Mentee/mentor	_____	_____
Student/teacher	_____	_____
Employee/employer	_____	_____
_____	_____	_____