

## My Roles

A Life Planning Worksheet



### Instructions:

- *List your key roles. Try to prioritize them and list them in that order.* Here is a starter list of roles you might have: father/mother, son/daughter, brother/sister, employee, manager, artist, caregiver, neighbor, volunteer, mentor, coach, landlord, home maintenance provider, friend. Prioritizing implies you are making choices. Each line could be a separate person, e.g. Friend = Mary.
- *For each role, ask yourself if it is more about the “heart, mind, body or soul”.* It could be all by try to select one or two.
- *For each role, list one or two vision statements.*
- *For each role, list one or two SMART goals.* Here is a starter list of goal areas: social, emotional, intellectual, physical, financial, spiritual, adventure.

	Roles	Heart/Mind/ Body/Soul	Vision	Goals
<b>Purpose</b>	Example: <b>Father</b>	Heart and Mind	<ul style="list-style-type: none"> <li>• I learn something new every day to be the best dad.</li> </ul>	<ul style="list-style-type: none"> <li>• I spend quality 1:1 time almost every day with each of my kids.</li> </ul>
	<b>Role 1</b>		<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<b>Role 2</b>		<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<b>Role 3</b>		<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<b>Role 4</b>		<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>