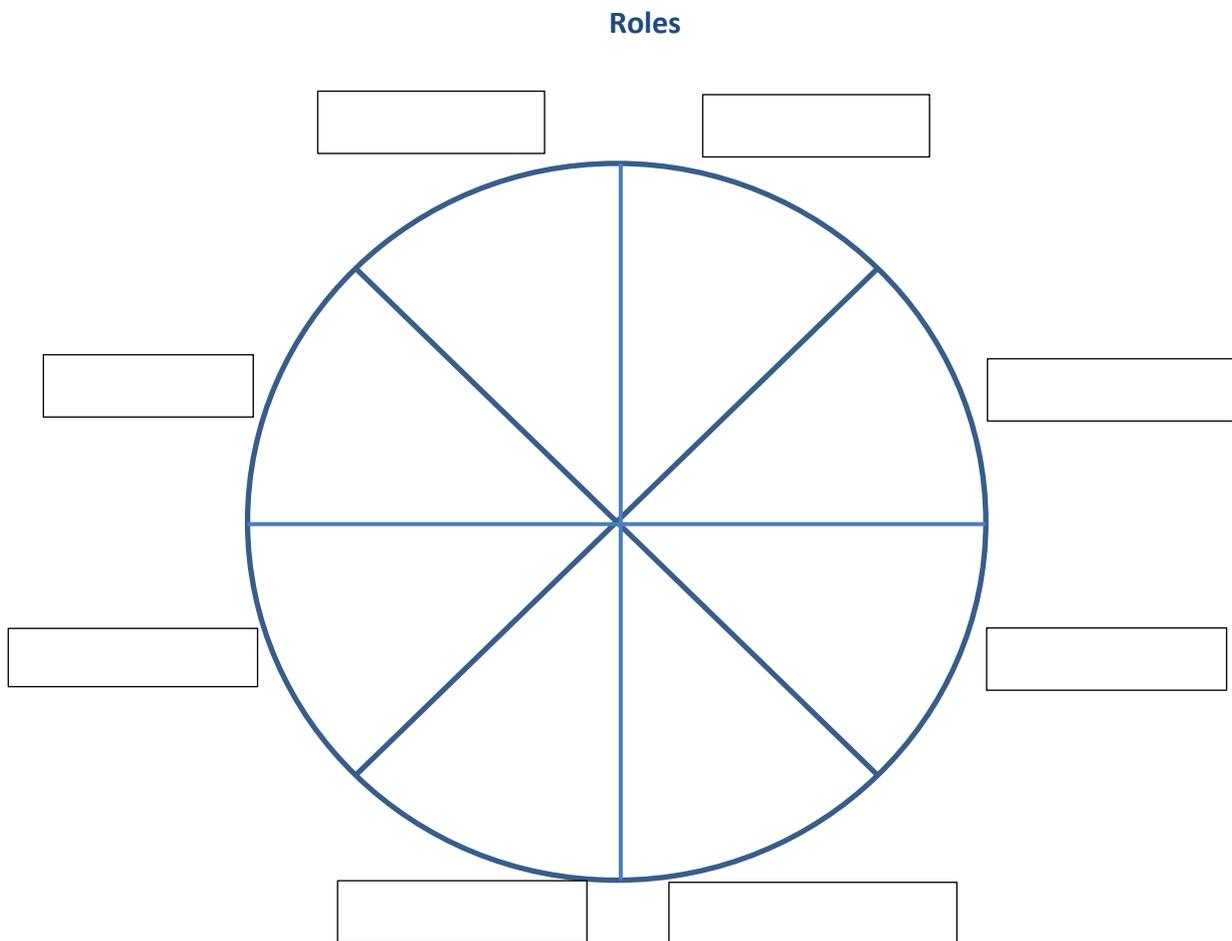


Improving your Life - Your Roles and your Goals

This activity will help you work out what you want to change in your life and how to do it.

Think about the roles you have in your life. You may work, so one role may be as an employee/team leader/manager etc. You probably have roles in relation to your family, such as spouse, partner, parent, child, sibling. Then you have roles to do with how you spend your leisure time, eg gardener, photographer, sports person, artist, cook etc. And finally, you have roles in relation to other people, such as neighbour, friend, citizen, volunteer.

Think about the most important roles you have and write each one in a segment of the circle below. You can add or delete segments if you like. You can change the sizes of the segments so they reflect roughly how much time you spend on each. Colour the segments in different colours. Then reflect on how much time you spend in each role.



- Does that amount of time fit with what you want?
- In which areas do you spend too much time? How could you reduce that?
- In which areas would you like to spend more time? How could you increase that?

Then think about each role and how satisfied you are with it. On a scale of 1 to 10, where 1 is “very dissatisfied” with the role and 10 is “completely satisfied”, what score would you give each one today?

Finally, set yourself a goal for each role. Make these goals SMARTER if you can. (ie specific, measurable, achievable, realistic, time bound, exciting and rewarded).

The goals can be small steps towards improving your life in any of these roles (eg leave work earlier, go out with friends once a week, take up a hobby, read a book, talk to your family, have lunch with a work colleague etc). They don’t need to be hard or difficult!

When I first did this some years ago, these were some of my roles and goals for them:

- Friend: spend more time with specific friends, invite them around for meals or out for walks
- Badminton player: improve my skills and get into a higher team
- Self-employed consultant: find two new coaching clients this year

I broke down each of these goals into specific actions and did something towards each of them every week.

Here are some tips to help you achieve your goals:

- **Tell** someone else about them (most of us don’t want to fail publicly, so telling someone else makes it more likely we will achieve what we want – and they can remind you if you want them to).
- Put the goals somewhere you will **see** them every day – on your desk, on your kitchen table, by your bed or pinned up on your wall.
- Reward yourself when you achieve each small step – this will make you **feel** positive about your goals.
- If you start to feel negative emotions about your goals (eg guilt or embarrassment because you haven’t achieved them), change your goals to something you really want and intend to do.
- Remember to break down large elephant tasks into smaller mouse sized bites – clearing out your garage might be too daunting, but deciding to do one section a week, is much more achievable.

GOOD LUCK!