

Real Life
Mom!
in a real hard world!



with
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Making My Difference: ROLES & RELATIONSHIPS exercise

This tool will help you answer some key questions about the **ROLES** you play as well as **what and who** you value most.

Download a digital spreadsheet to record your answers at kathyburrus.com/makeover-21-make-your-difference

1. What roles do you play in your life?

(We are most effective when we focus on only 4-7 roles at a time.)

- Are these the roles you want in your life?
- Where are you spending the majority of your time and energy?
- Which roles appear out of balance?
- Which roles that you value are suffering?
- What changes need to be made?

2. Who are the relationships connected to each of those roles?

- Are these the people you want to be investing your life in?
- Are you investing in the people who matter most to you?
- What changes do you need to make to be more effective in those relationships?

3. What do you want to be true in each role/ relationship?

- What goals do you have for these roles and relationships?
- What do you want your behavior to be?
- What do you want these relationships to know and feel from you?
- What changes need to be made?

4. What are the specific tasks involved in each role?

This is a time audit in some ways which will create awareness of where you are spending your time. Be as specific as possible.

Now take a moment to step back and take a good honest look at your answers to these questions. What do you see?

- Are you investing your life in the roles and people that matter most?
- What can be delegated?
- What needs to be eliminated?
- Who needs to be on your list?

- What are the characteristics and behaviors you value most in your roles & relationships?

- What is your value you want to offer to your world?

Need help processing any or all of these questions,
contact me at kathy@kathyburrus.com

