

Dear Future Me

Developing your Mission Statement

Step 3: Identifying your roles

You have roles in your life. We all do. We are fathers or mothers, brothers or sisters, bread winners for the family, keepers of the house, sons, daughters, workers, bosses, colleagues, club members, parishioners, coaches, counsellors, friends . . .

The point about roles is this. They form the basis of our relationships in life. And therefore they are a useful focus point for defining your vision about the new future you.

As an exercise, think about the roles you have in life - and write them down. Try to start with those that mean most to you, and end with those that are maybe part time, occasional, or on the way out.

And, most importantly, don't forget to include the role you have to look after yourself!

Use the list on the next page to help . . .

When you have completed this exercise, its now time to put it all together in Step 4 . . .
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