

## Roles that are Important to me

### Consider these examples of roles

Indicate which of these you currently do, which you would like to do and how important this is to you?

Role	I Do Now?	Would be something I would like to do?	How important to me now? 1 = not important 5 = extremely important
Parent			
Spouse or Partner			
Friend			
Brother or sister			
Neighbour			
Grandparent			
Carer			
Hobbyist (reading, running...)			
Student			
Follower of Faith			
Group/ club member			
other			

Considering our lives in terms of roles rather than activities can help see what we value. We can then think about how we can carry these out within our abilities. If this is something you find difficult you may want to talk to someone about it.