Role Analysis

Roles to Consider (Parent, Spouse/Partner, Worker, Child, Self-care, Friend, Sibling)
Note: There may be additional roles

Actual Rank Order: Think about how you actually spend your time and amount of time you spend thinking about this area, this is more an actual ranking of importance. Another way to help think is if an outsider observed your life, based on your actions and thoughts how would they rate your priorities.

Ideal Rank Order: In this season of your life remember, not forever, how would you like to restructure your priorities.

Who Will Be Upset in this Process: Whenever you don't make something a priority, typically there is someone disappointed or upset in that choice. Identify that person and remember this might be a good person to have a conversation with and explain your focus for this season.

Last Thing to Remember: Based on your ideal, can you now create a schedule that clearly makes time for what you value in this season, especially in the free choice time you get.

Roles	Actual (Rank Order)	Ideal (Rank Order)	Who Will I Disappoint in This Process?