

How Many Pairs of Shoes Can You Wear at Once?


Balancing Life's Multiple Roles

1. LIST all the different shoes you wear in life (all the roles you assume).
2. DIVIDE them into *Who You Are* and *What You Do*. Some things aren't really clear so if you are not sure, put them in the middle.

Who I AM

What I DO

Now:

- **Circle** the 5 things you **DO/ARE** the most
- **Underline** the 5 things you **DO/ARE** the least
- Put a **Star**  beside your 5 favorite roles
- Put a **line-through** your 5 least favorite roles

3. ASK YOURSELF some key questions:

Are the things I do most often my favorites?

Are the things I do most often my least favorite?

How often am I doing my favorites?

Are my favorite things “who I am”?

Are my least favorite things “what I do”?

Do my favorites match with my dreams and goals? If not, why?

Do I need to add some new roles to my life in order to reach my dreams? What are they?

Take a few minutes right now and ADD them to your list.

Focus upon your roles

Based upon my dreams and goals, the five roles I need to focus upon in life are:

1. Myself - I have chosen this one for you. This book is about taking care of the Me in Mommece so it should be one of your priorities.

2.

3.

4.

5.