

Insight #2: What Are My ROLES?

Once you have clarity about your core values, look at where you live your values—in the context of your roles.

We all have many roles we fill. At the same **time**, you may be

- a Christian,
- a learner,
- a son,
- a husband,
- a father,
- a brother,
- a minister,
- an employee,
- a counselor,
- a coach,
- a friend,
- a mentor,
- a teacher,
- an employer,

As an employee alone, you may have dozens of roles. A helpful exercise for another time is to analyze your roles at work and to prioritize them.

But for now, we are looking for the primary roles you currently fill in your LIFE...not just work roles, but the roles where you live out your values today. List the underlying role, not the specific practice, i.e. you are a father, not a homework tutor.

How Many Roles Do You Have?

A person may have many roles in life. How many can you think of? Here is a list in no particular order....

FEMALE:

Mother
Sister
Daughter
Niece
Aunt
Grandmother
Wife
Granddaughter
Mother-In-Law
Daughter-In-Law
Sister-In-Law
Fiancée
Girlfriend

MALE:

Father
Brother
Son
Nephew
Uncle
Grandfather
Husband
Grandson
Father-In-Law
Son-In-Law
Brother-In-Law
Fiancé
Boyfriend

BOTH:

Cousin

OTHER:

Christ follower
Advisor
Caregiver
Helper
Coach
Friend
Employer
Employee
Cleaner
Cook
Shopper
Banker
Chauffeur
Patient
Customer
Teacher
Nurse
Speaker
Companion
Accountant
Companion
Counselor
Team leader
Team member

Hairdresser

Storyteller

Gardener

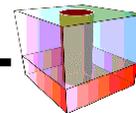
Decorator

Waiter/Waitress

Maid

Housekeeper

Can you add a few others?



Pray: Lord, thank you for the many roles you allow me to fill. Please direct me as I prioritize my roles to honor you.

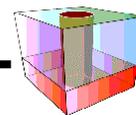
What Are My Primary Roles?

On the chart below:

- List your top roles in order of priority in the left column
- Describe the key actions, responsibilities and relationships in each role in the right column

You may look at the example on the next page before completing this chart.

ROLE	ROLE DESCRIPTION
1.	
2.	
3.	
4.	
5.	
6.	



Example: My Roles (in Order of Priority)

ROLE #1: SELF-LEADERSHIP

- I seek to learn something new every week
- I reserve some time each week alone for reflection & dreaming
- I spend time regularly with friends
- I watch for signs of being over-extended

ROLE #2: CHRISTIAN – To Love and Glorify God

(Deuteronomy 5:7-10; Deuteronomy 6:5; Matthew 22:37-38; Deuteronomy 4:29; Jeremiah 29:13; Joshua 22:5; Deuteronomy 6:17; John 14:21; Luke 19:10; Mark 16:16; Luke 7:34; Matthew 9:12)

- I make devotions (Prayer & Bible reading) a regular part of my day
- I am building relationships with hams
- My wife & I are practicing good stewardship

ROLE #3: HUSBAND – To Love and Encourage My Wife

(Ephesians 5:25; Ephesians 5:33; Colossians 3:19; 1 Peter 3:7)

- Every day I tell my wife I love her!
- I seek to affirm my wife each day
- My wife & I have some time alone together every week
- I enjoy my wife!

ROLE #4: FATHER/GRANDFATHER – To Love My Family

(Titus 1:6; 1 Timothy 3:4-5; 1 Timothy 5:8; Deuteronomy 6:4-9; Ephesians 6:4; Colossians 3:21; Genesis 18:19)

- I seek to connect with my kids every week!
- I tell my kids and grandkids I love them
- I pray for my kids and grandkids

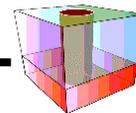
ROLE #5: MENTOR & CONTRIBUTOR – To Do the Work God Designed Me For

(Romans 12:6-8; 1 Timothy 4:14-15; 2 Timothy 1:13-14; 2 Timothy 2:2; 2 Timothy 4:2; Romans 12:8; 1 Corinthians 12:28; 1 Peter 5:3; Mark 6:7)

- I seek to influence my ham club to be a safe and affirming place
- I reach out to hams who are struggling
- I am a mentor and coach . . .

ROLE #6: FRIEND

- I seek to be a good friend to . . .
- I keep monthly contact with extended family
- I regularly pray for family and friends



Finding Equilibrium

You don't really balance roles; you find an appropriate equilibrium.

You should avoid putting all your time and emphasis on only one role. This is an almost sure way to experience burnout and disappointment.

Examples why not put all your emphasis on one role:

- If you put it all on your job – at some point it won't be there. Your company gets bought out, or they eliminate your division, or you retire. Then your whole world crumbles.
- If you put it all on your kids – at some point they grow up and move out.
- If you put it on a hobby or pleasure -- at some point you are not able financially or physically to do it anymore.

Instead, every week includes multiple (at least three) of your primary roles. Doing this will make your life more enjoyable and productive. It will also help you weather the crisis we all experience in life. I have found including multiple roles in my week was a great help in keeping perspective and enjoying life.

Each week in your weekly review ask yourself:

- What roles did I do this week?
- Did I do them well?
- Are there roles I should have included in my schedule?

Never get so busy making a living that you forget to make a life. — *Dolly Parton*

Work hard, have fun, and make a difference. — *Colin Powell*

Sometimes the most productive thing you can do is relax. — *Mark Black*

If you want to change the world, go home and love your family. – *Mother Teresa*

You can't truly be considered successful in your business life if your home life is in shambles. – *Zig Ziglar*