

# Activities for Roles

Referring to your Roles & Goals worksheet, list activities that fit for each of your roles.  
Answer this question:

***What can I do as a \_\_\_\_\_, on a daily or weekly basis,  
that will move me toward being (your goal)?***

1. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

2. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

3. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

4. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

5. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

6. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____

7. Role: \_\_\_\_\_

_____	_____
_____	_____
_____	_____