



The Hat Trick



Role Awareness for Intentional Living

There are multiple dimensions of our wellbeing: social, emotional, spiritual, physical, financial, environmental, intellectual, and occupational. We embody many different roles, or “wear different hats” in each of these dimensions.

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|-------------------|-------------------|-------------------------------|
| Artist | Financial Planner | Reader |
| Arts Patron | Friend | Shopper |
| Body Manager | Gardener | Sister |
| Boss | Girlfriend | Social Planner |
| Boyfriend | Householder | Son |
| Brother | Housekeeper | Spiritual Community
Member |
| Business Manager | Husband | Spiritual Seeker |
| Business Owner | In-Law | Student |
| Community Member | Marketer | Teacher |
| Cook/Meal Planner | Meditator | Travel Planner |
| Correspondent | Mother | Volunteer |
| Counselor | Musician | Writer |
| Creative | Neighbor | ----- |
| Daughter | Nester | ----- |
| Employee | Parent | |
| Family Member | Partner | |
| Father | Pet Owner | |
| Financial Manager | Philanthropist | |

Of course there are many more ways to define the hats you wear – job specific hats (IT support, Tile Installer, Yoga Instructor, etc.), and perhaps other ways of identifying how YOU define the hats you wear (domestic partner, live-in girlfriend, main squeeze, etc.). Feel free to add your own hats to the list. The goal here is to identify all of the roles you play in your life, all of the different “hats you wear,” and to provide a format to help you attend to all aspects of yourself.

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Next to each hat, list the hats that YOU wear. Use the spaces beneath each heading to list any intentions you have for that role. (Ex: Under body manager: make dentist appointment, sign up for spin class, schedule a massage, etc.) Big or small, immediate or long term, anything that is important to you.



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