

goals for roles: 80th birthday party exercise

Speeches made at your 80th birthday party - this exercise can help you clarify your priorities and keep your life in better balance. For each role, imagine someone who knew you in this role saying a few words about how you were. What would you really like them to be able to say? Jot it down. Do this fairly off-the-cuff for maybe just 2 minutes per *Role*. This can help you to take your *Root* values into short and medium term intentions for your different life *Roles*.

| role | <i>80th birthday party appreciations - what I would really like them to be able to say about me</i> |
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