

Personal Reflection Exercise

# Creating More Significance in Your Life

**1**

List as many “hats” or roles that you currently play in these different sectors of your life:

At Home	At Work	Local Community	Global Community	Other

**2**

Shortlist two “hats” or roles from each category that are most important to you and/or that you spend the most time on. For example: *“The two most important roles that I have at home are: 1) wife and 2) caregiver.”*

	#1 Hat	# 2 Hat
At Home		
At Work		
Local Community		
Global Community		
Other		

**3**

Once again, short list the top 5 hats that you wear (across any of the sectors). Think about the traps, obstacles or barriers that prevent you from experiencing more significance in these key roles. (e.g., comparison trap, perfection trap, shame/judgment trap, distraction trap, negative-thinking trap, etc.)

Five most significant hats that you wear	What gets in your way from feeling or being more significant in this role?
1.	
2.	

3.	
4.	
5.	



How could you increase the feelings of significance and impact of these roles in your life? List 1-2 actions you could take for each “hat.” How will an increase in your significance in this role benefit you? Identify people who might be able to help you with these actions.

Significant Hats	What ACTION could you take to increase your significance in this role?	WHO could help you take this next step?
1.		
2.		
3.		
4.		
5.		



What are the common threads or themes in the ideas you generated in Step #4?

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Capture your final thoughts and insights about this exercise. What have you learned about yourself and the roles that you play? What do you need to do to make yourself feel and be more significant in your own eyes and those that you love and care about?

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Share these thoughts and ideas with someone who cares about you. Allow them to support you and give you encouragement and feedback. Ask them to help you along your *journey of significance*. Do the same for others.