

## HOW TO SECTION

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### LIFE ROLES

**You play many roles in your life, such as child, worker, parent, partner, community worker, to name a few. As you grow, your roles change. Sometimes you may be focused on one role. At other times, you may be switching back and forth among many roles.**

**Think about your roles:**

**Roles I've had in the past are:**

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**Roles I now have are:**

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**Roles I expect to have in the future are:**

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**Many factors influence your life roles, such as the family in which you grew up, the family or relationships you have now, where you grew up, the things you do for fun and leisure, your values, interests, work and gender.**

**Take a look at these factors and see how these have shaped your life roles:**

**My gender:**

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**My cultural heritage:**

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My childhood family/relationships:

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My current family/relationships:

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Other: .....