



SESSION #4: THE 6 ROLES

Being "present" doesn't just mean being mindful to the precise moment we are experiencing in life. It also means being aware of the bigger picture and the major roles we play in life—knowing where we are, and having intention to being our best. In any given moment, we can play one or a combination of several vital roles. Bringing our awareness to them helps us activate our full personal power in each moment. It brings purpose to our minds and activities - and purpose is the greatest bridge to Now. Each of the roles below - observer, director, guardian, warrior, lover, and leader - is available to us in any moment. Should we be intent on activating them, we shall own the moment in ways we never imagined. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

Observer

The first role we can play in our lives is observer, or the conscious viewer of who we are, how we are behaving, and where we are headed in life. We can learn to master this role by practicing self-examination and becoming more connected to ourselves and our lives.

- *As I step out of the chaos of today and hover above my life, what I see myself doing that serves my health and happiness is...*
- *What I notice myself doing that is not serving me is...*

Director

As director, we are the conscious and intentional creator of our lives. As the director of your life, you direct your character, the action in the next scene, who comes into your life, and the emotional color of each scene.

- *If I step back and notice how I've been directing my own movie, I notice that sometimes I forget to...*
- *If my movie was going to be one of my favorite films ever, I'd want my character to do this next...*

Guardian

The third role deserving our attention is that of guardian to our mind, body, and soul. It is time we protect our health by paying more attention to what we are putting in our mouths, the people we let into our lives, and what we let into our mind.

- *Too often, I don't guard my time and energy well and so I end up...*
- *The people or things I need to start keeping out of my life are...*

Warrior

As warriors, we must be bold, fierce, and unrelenting in chasing our dreams. If we have real dreams, then we must fight for them. We must give our life to something that matters.

- *The thing I feel I must start fighting harder for is...*
- *If I was an even more courageous person, the thing I would ask for or try to achieve is...*

Lover

Lovers have a stunning capacity for shining attention and adoration on others. We can demonstrate even more affection and appreciation for others.

- *The person(s) who need more of my positive energy and cheerleading in their lives right now is...*
- *Sometimes I hold back from sharing my real heart and feelings with others when....*

Leader

Let us begin again the great work of uplifting humankind, improving the world we influence, helping others solve problems and achieve their dreams. We must remember our duty to serve something larger than ourselves. The call for leadership is all around.

- *If I was suddenly granted more power in my career or life, the first thing I would do with that power is to help others to...*
- *The qualities I want to demonstrate as a leader going forward in my life are...*