



# MY THREE SELVES

/ Resource 05

REMAPPING OUR REALM



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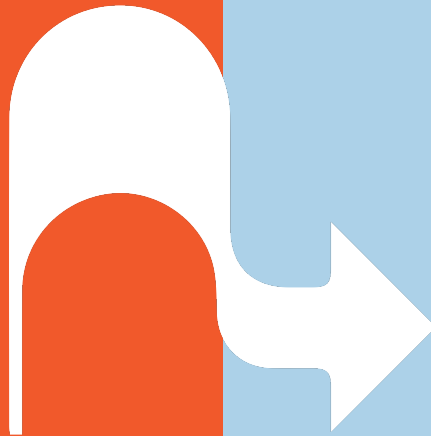
We all play a number of roles in our lives – breadwinner, parent, dishwasher emptier, rescuer, lover, CEO, sister, cook, last word giver, class clown, victim, driver, arranger, naysayer, tortured artist, advisor, harmoniser...

Many of these roles may be unwanted, imposed on us by others, secret to ourselves alone, or even unconscious.

Comfortable as these roles can be, they often cloud who we truly are, and so hide our way forward.

Separating out our different identities is a useful way of looking at ourselves without blinkers. When we have this transparency, the way forward can be a whole lot clearer.

# activity



Marshall Goldsmith has a neat little model around identity, but I prefer this simpler version as I think it highlights more clearly where the forces are. And who doesn't like a Venn diagram?

Get yourself a piece of paper and draw the diagram below. Think of all the roles you perform, the hats you wear, the faces you show, the expectations you have of yourself, the expectations others have of you, your ambitions, the voices in your head...

Fill in the circles as per the guidelines. In the first pass, brainstorm freely. Put as much down as you can think of, however strange it may seem. On the second pass, dig deeper. Build the circles out more fully.

Who you really want to be  
The roles you want to play  
The dream you

Ideal Self

Who you are  
The roles you play currently  
The day in day out you

Current  
Self

Ought  
Self

Who you feel you should be  
The roles you think you should play  
The person others tell you to be

# reflection questions

1. What do you see? What truths?
2. Where are the overlaps?
3. What is holding you back from being your Ideal Self?
4. What do you see in the Ought Self that is useful and which you can harness?
5. What can you leverage from your Current Self to be your Ideal Self?
6. What are you keen to let go of?
7. What do you need to let go of even if you don't fully want to?
8. What will it take to shift from Current Self to Ideal Self?

# MAPPING YOUR REALM \* REMAPPING YOUR

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