



Your Extraordinary Roles

Let's Talk About Who You Are & How You Want to Be Extraordinary

Your Current Roles

List the top 10+ roles you currently play in your life. (ex: student, artist, wife, etc.)

Two columns of horizontal lines for writing roles.

How Many Can We Be *Extraordinary* At Doing?

One of my favorite authors, Stephen Covey, says that if you really want to be extraordinary, you can really only focus on a maximum of 4-6 roles. Look back at your list above and circle the roles that are most important to you. Please pick one that is renewing for you.

Helpful Tips

The roles you circle should be: roles you want to be extraordinary at, ones that express your deepest values from last week, give a balanced perspective to your life, and are relevant right now (not sometime in the future or roles you think you should have).

Once you have circled 4-6 roles, write them again on the next page.

Your Most Important Roles

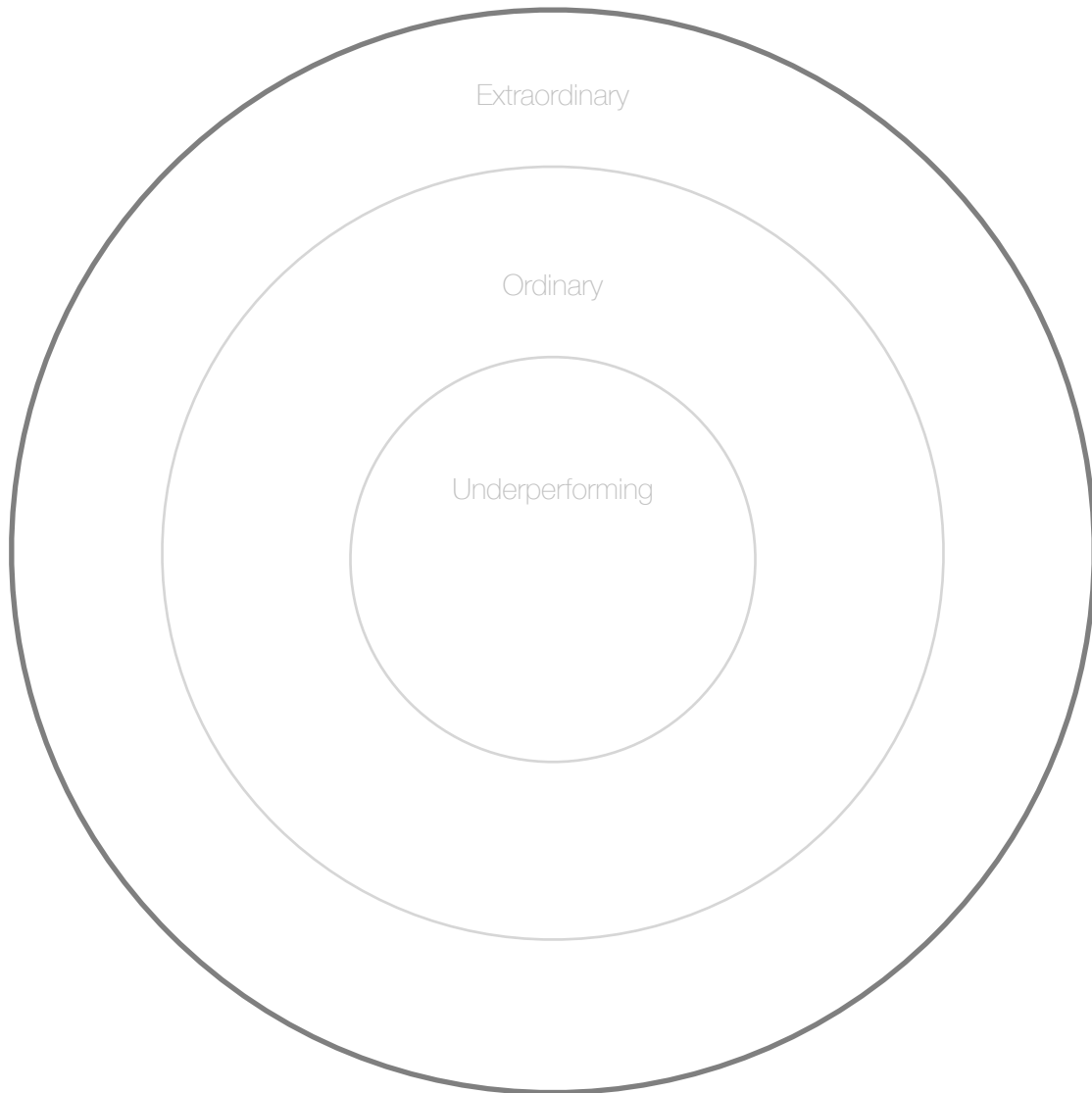
Your Life Circle

One helpful way to look at your roles is in a life circle. Here are two examples.



How Are You Doing?

Divide the circle into as many roles as you have and mark them on the axis.

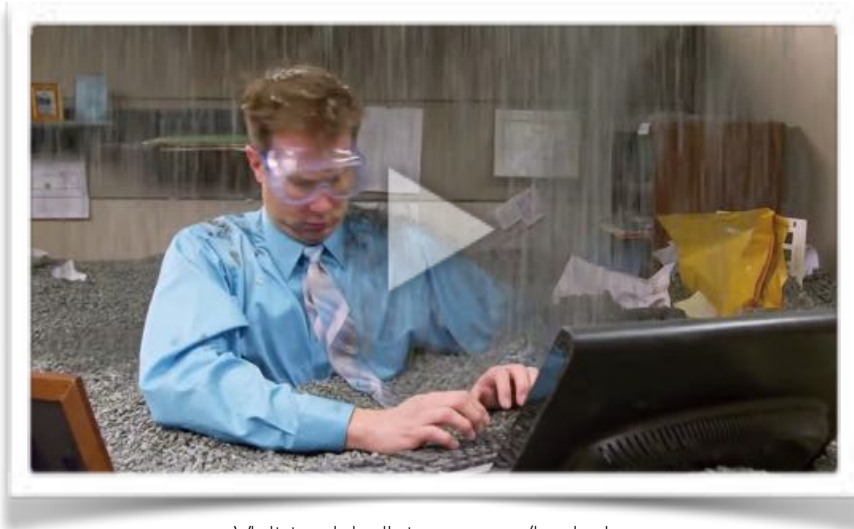


Now What?

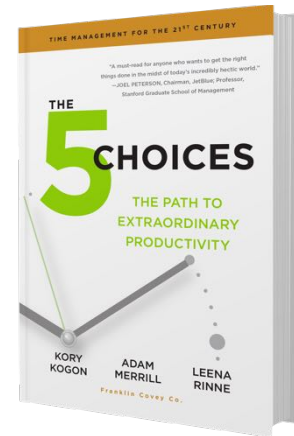
The point of the Life Circle exercise isn't to make you feel bad (I promise), it's to get perspective. Is your life balanced or (like me) a little off balance? If we want to be extraordinary, it drives home the point that less is more. Focus matters.

Once You Have Your Roles, Here's The Fun Part!

With your roles clarified, you can now schedule your “big rocks.” This is a term that comes from the 7 Habits by Stephen Covey and is featured in the new book *The 5 Choices*, which I love. Check out [this fun video](#) and see if it feels familiar for you.



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Your Big Rocks

The idea behind your big rocks comes from an exercise that Covey introduced in 7 Habits: if you want to fit big rocks *and* gravel into a jar, put the big rocks first. That's the only way. The jar in this exercise represents your week and the rocks are your priorities.



Your Most Important Roles & Your Big Rocks

(Or as my good friend likes to call it, your “rocks & roles.” I know, I know.)

Now it’s time to try it out! Let’s take your roles from page 2 and write them below.

Think about your week ahead and write down 1-2 big rocks for each role. These are things that will have a big impact on your week and have a high-return on your investment.

I start every week by reflecting on my most important roles and scheduling my big rocks into my calendar. It’s made a **huge** difference in my life and I hope it does in yours too.

Role : _____

Role : _____

Role : _____

Role : _____

Role : _____

Role : _____



A vertical card with a blue background. On the left and right sides, there are vertical panels showing a snowy mountain landscape with evergreen trees and a wooden building with a window. In the center, there is a white circle containing the number '1'.

1

SHARE YOUR
ROLES WITH
SOMEONE YOU
LOVE.

Crafting Your
PURPOSE

A vertical card with a blue background. On the left and right sides, there are vertical panels showing a snowy mountain landscape with evergreen trees and a wooden building with a window. In the center, there is a white circle containing the number '2'.

2

BRAINSTORM
HOW TO MAKE
YOUR ROLE
EXTRAORDINARY

Crafting Your
PURPOSE

A vertical card with a blue background. On the left and right sides, there are vertical panels showing a snowy mountain landscape with evergreen trees and a wooden building with a window. In the center, there is a white circle containing the number '3'.

3

PRINT THE
EXERCISE OUT
FOR SOMEONE
ELSE.

Crafting Your
PURPOSE

A vertical card with a blue background. On the left and right sides, there are vertical panels showing a snowy mountain landscape with evergreen trees and a wooden building with a window. In the center, there is a white circle containing the number '4'.

4

FIND OUT YOUR
SIGNIFICANT
OTHER'S ROLES
AND DISCUSS.

Crafting Your
PURPOSE