



we are more than our thoughts and feelings. This exercise is used to create conscious awareness of the part of you that remains consistent as we adopt different roles and identities as we move through life. From here we can observe or notice our thoughts and feelings and provide space for these things to move.

By practicing this exercise regularly, you can increase your ability to observe, rather than to react to feelings, thoughts and emotions as you create a sense of identity outside of these things.

Step One

identify a role that you play in your daily life e.g. mother, daughter, friend, co-worker, boss, leader and note it down

today i played the role of...

Step Two

Zoom out and notice the part of you that is observing yourself playing this role. This observer is sitting back and noticing what is happening around you, not doing or acting. What did they notice?

my observer self noted...

Step Three

What chaos or drama did the observer notice? How was the role you were playing impacted by this chaos, what effects did you notice when you were playing this role?

my observer self noted...

Step Four

Sit and visualise what it would be like if you were more in tune with this observer and acting from this place, rather than the role you normally adopt? What benefits would there be for you? What drama, stress or chaos would you avoid?

my observer self noted...

Step Five

Identify a time when you will likely play this role again. When you recognise this role, actively focus on being the observer, not adopting the role and track the benefits.