

The **SECRET SAUCE** of **DOWNSIZING**



Online Course Processing Your Emotions Module 6

Celebrating the Legacy

Throughout your lifetime there are many parts of your identity that have grown through the relationships in your life (and sometimes relationships that end). As you think about your life and the time that you have spent in this home that you are leaving, take some time to consider who you have been. I call these “roles.”

Here are some examples of roles to consider and note in the chart below. Circle those that apply to you and write down additional ones that come to mind.

Mother	Daughter	Sister	Aunt	Niece
Father	Son	Brother	Uncle	Nephew
Employee	Boss	Partner	Student	Friend



In each of these roles you grew and expressed qualities through relationships to others. To help you become present to the richness of your life and who you have been in these roles I've created an exercise for you to explore the qualities that you have expressed and grown into.

List each role and name what quality (or qualities) you feel or think you learned about and/or expressed in your life through this role.

Role (ie. Mother)	Qualities