

Half Nester™ Roles Map

An exercise to see who you are in this season, on purpose



You do not need to know anything else about the Half Nester™ framework to use this. This is simply a way to see all the roles you are carrying, and make a few intentional choices for this season of life.

Time needed: about 20 to 30 minutes

What you need: pen, this handout, a little honesty

Step 1: List your roles in this season

These are roles you actively hold right now, not every role you have ever had. Use the prompts below and write what fits for you. You do not have to fill every line.

A. Home and family

Examples: Mom to teens, wife, partner, caregiver for parent, household manager, holiday planner.

My current home and family roles:

1. _____
2. _____
3. _____
4. _____

B. Work and contribution

Examples: Practice owner, associate, consultant, board member, volunteer, mentor, creative.

My current work and contribution roles:

1. _____
2. _____
3. _____
4. _____

C. Community and relationships

Examples: Friend, sister, small group member, team parent, neighbor, local connector.

My current community roles:

1. _____
2. _____
3. _____

D. Self and wellbeing

Examples: Runner, learner, patient, artist, spiritual seeker, person in recovery or healing.

My current self and wellbeing roles:

1. _____
2. _____
3. _____

Quick reflection

Look at everything you wrote.

- What surprises you about this list
- Is there a role you carry that almost no one sees

What I notice about my roles:

Step 2: Check your roles through two simple lenses

Now pick 6 to 10 roles from your list that feel most important right now. You will rate each one using two lenses.

Lens 1: Energy

- **G** = Gives me energy
- **M** = Mixed
- **D** = Drains me most days

Lens 2: Expectations

- **C** = Chosen by me, feels aligned
- **S** = Should based, mostly driven by others or old stories

Use this template for each role you choose:

Role: _____

Energy (G, M, or D): _____

Expectations (C or S): _____

Initial instinct: keep as is, shift, or release: _____

Repeat this for each role you selected.

Reflection

- Which roles are G + C that you want to protect
- Which roles are D or S that you may need to share, shrink, or release

What these lenses are telling me:

Step 3: Notice what is changing in this season

Half nesting usually comes with quiet shifts. Some roles are fading, others are emerging.



A. Roles that are shrinking

- Which roles used to define you that are less central now
- How does it honestly feel to admit that

Roles that are shrinking for me:

How this feels in one honest sentence:



B. Roles that are emerging

- Which roles are asking for more space in this season
- If you were not trying to prove anything, which role would you lean into

Roles that are emerging for me:

The one that excites or scares me most:



C. Permission slip

Finish this sentence:

In this season, I give myself permission to loosen my grip on the role of _____ and gently grow into the role of _____.

Step 4: Choose your focus roles for the next 90 days

You do not have to fix everything. Choose three roles that will define your next 90 days.

For each role, complete the mini plan.

1	2	3
Focus role 1 Role I am honoring or reshaping: _____ Why this role matters now: _____ One small weekly action that would support this role: _____ Support or conversation I need: _____ How I will check in on this in 4 to 6 weeks: _____	Focus role 2 Role I am honoring or reshaping: _____ Why this role matters now: _____ One small weekly action that would support this role: _____ Support or conversation I need: _____ How I will check in on this in 4 to 6 weeks: _____	Focus role 3 Role I am honoring or reshaping: _____ Why this role matters now: _____ One small weekly action that would support this role: _____ Support or conversation I need: _____ How I will check in on this in 4 to 6 weeks: _____

Final check in

Take a breath and look over your answers.

Complete this sentence:

In one or two sentences, who am I becoming in this Half Nester™ season

Keep this Roles Map somewhere you can see it. Revisit it every 90 days as your kids, work, relationships, and your own desires continue to shift. It does not need to be perfect. It just needs to be honest.

- ❏ Doing this kind of roles work is powerful, but it is hard to do in isolation. If you are craving support, reflection, and real conversation with others in this season, you do not have to do it alone. Learn more and join the Half Nester™ community at: **halfnester.com/community**.