



Episode Transcript – 026 – Letting Go of Roles

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, this is Jenn Shallvey. Welcome back to the Remembering to Be Me podcast. Today, I am going to complete the letting go series. We are going to cover the last topic or the sub topic, and that is letting go of roles. And the purpose of this episode is to really bring together a lot of the ideas and concepts that we've talked about before into a final piece. I'd like to take you through the meaning of what it is to let go of a role, how you can possibly identify that. I then want to look at the process to help you do that. And at the end of this episode, I'd like to share some final words around that, that will just be more my final thoughts and a bit more of wisdom, intuitive wisdom that might be helpful for you.

So context around this. Again, we are at the end of the series, so you've already looked at letting go of things, letting go of places, letting go of people and letting go of aspects of self. And if you've been following along then, what you've also discovered is that you are, progressively going deeper into yourself. You are going more from the outside, into the inside. It has been, and if you keep doing this, a journey of discovery, a journey of clearing, what no longer serves you or others.

And so this episode is kind of interesting because as I say, we're going in more to ourselves, we're more internal. Yet, roles are also very external. They come together or they bring us together in our internal and external worlds. I could call it that. And the other thing that's really interesting about roles is that's how we interact with the real world. So integrating your self development and your journey is really important because this is how you express yourself in your every day actions and your functioning in the world. So I'm kind of coming to an end here of how can you be a more authentic person in who you are and in what you do.

So what do I mean by the word role? Well, firstly, I don't look at the dictionary definition for this. It's not a test to say, do you know what role means? No. Instead what I like to do is move away from that and come up with something that's a bit more helpful for us, more around the identification of roles and less about defining what a role is.

So therefore I don't want to focus on your title or your job. Though, my understanding is that that may overlap. And it's very likely that when you do the identification process, that outcomes a title or a job that you do. But I don't want to go about it that way. What it is about is looking at your function, the function of what you do on a day-to-day basis. And it might be captured in a role that you do, that you can name through the words that come to you. But it also could be a collection of actions that for some reason, come together and are unified by a purpose. And what you are doing



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is you are taking the practical of what you do and you put it into the ideal. That's what I mean by role. So what matters a lot is the context in which you do things so where you function and you operate.

Another thing that I alluded to at the start is that this is not something that is just by yourself, the role you play in your life and your work and whatever it is actually depends on the interaction with others and the community in which you are serving those people. So the role you play is on your own irrelevant. This is just my opinion, of course. It requires other people to make it real. And that's why I think this particular topic within letting go is so valuable and so important because this is our connection to society. This is our connection to service and why we're here.

And when you think about getting up out of bed in the morning, you say, what am I going to do today? Well, what are the roles that you have in your life that actually not demand you get out of bed, but give you reason to get out of bed, that motivate you that want to drive you? And that's what I'm getting at here, because I'm sure just like everybody I talk to, there are roles in your life that you don't want to get out of bed for anymore. And maybe that's, what's talking to you and while this episode is right for you.

So keep that in mind. We're not using a definition. What we are doing is looking at the function of who we are in the world around us and what that might be described as. So given that's the definition approach I'm going to take with this, how do you identify your roles? How do you sit down and say, Oh, what are the roles in my life? And that's when I would actually ask you to do, if I was working with you, one-on-one, I'd say, well, let's just brainstorm what they are right now. And there's lots of ways we can look at that.

So what I want to do is take you through it much more in depth, around how to identify the roles in your life. And you might think, 'Oh, it's really easy, I just put these words down and I've got the roles.' And I think that's doing a disservice to your self because the more you really categorise as effectively for you, then the easier it is for you to focus on what it is you want to do work on. So ultimately the reason why we're identifying the role in such a detailed way is so that when you get to the process of letting go, you're not letting go of everything, you're letting go of what no longer serves you or others.

So firstly in context for the identification of a role, I'm not going to draw from diagnostics or tests or assessments. But I do acknowledge that they are out there. And I have been a big provider of assessments and diagnostics to people in the past, through my career. I used to do a lot of work with people in programs, in corporate identifying their preferences or doing 360 degree feedback, and then getting a sense of who they were. That information always is valuable as a source of information, but it is just one source of information, it's not the source of information. And that's why I have personally moved a little bit away from that in a sense that I can talk about it with a person and say, so what is that telling you when you did that? But that's not who you are. So it's not the focus of this podcast. I'm not going to give you a quiz or a questionnaire that says tick all these boxes and you will identify your roles. Nope, that's cheating. I want you to do more work yourself and instead look at finding your own way in terms of what roles mean to you. Very much like what I suggested that we do with aspects of self. So the aim here is to get a sense of how you see you. Really important.

Another context for identification is that roles can also shift and change. They're not static at all. And the only thing static is probably the word that people use to describe a role. And therefore we can



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have so many connotations come up. That's why it's so important that your own definition of the role matters more than anybody else's. Because I could say the name of a job, for example, and how you do that job will be very different than somebody else. You might also be in a very different industry than somebody else and have the same exact title. And your jobs are almost 180 degrees different. Of course you'd have core aspects that would be the same because let's say, you are a manager of people, then you're going to be doing coaching of your staff. You're going to be doing things like that. But the essence of your role will be unique to you.

So when I say we shift and change roles, one thing is we might go through, is, are we going through phases or stages? Are we in a transition period? So for example, one that I will talk about in this episode and come back to, it is a very most common one that I have dealt with, is you are by a company and then you are going to be self employed or unemployed from that company. So you're in a transition from the role of one to the other. And what I wanted to highlight was that if you're defined by the company versus self-employed, then that is a difference because the work you're doing will still be the same. But what changes when we shift and change through phases or stages of our self is the how is different.

So you might be a person working in a retail organisation doing something in that organisation. And then you step out of that organisation and you become a consultant back to those types of organisations. And maybe inside that organisation, you were the advisor on product display, for example, and now you are outside the organisation and you're also an advisor on product display. The skills and the talent that you bring to that role is the same. What you're doing is the same. You are just doing it a little bit differently now. And so I'd say the role changes. So consider it in that way in terms of, I guess, levels.

And as I said, no role is static. We also change because we grow and we gain more experience. So you might be in the same organisation, but not be shifting roles yet in a formal sense, but you gain more experience, you grow, you're a different person. And that means that you're shifting and changing. You also shift and change when you interact with others and the environment changes around you. So think about things like that. What are the forces that shift and change you along the way. And that will help you also to identify the roles in your world.

Some roles are defined by other variables. And I picked up a couple of these or a few. A role can be defined by the choice you make in life. So you choose a path that you, but not everybody has to choose. And that is a role. So let's say you choose to be in relationship. Then you are going to have a very different role than someone who chooses not to be. And likewise, if you are someone who chooses to be in a family way, however, that comes to you, you'll be very different from someone who doesn't choose that.

Another way is that roles can happen because of others. So there might be people in your life that come along that create that role. It could be as simple as that when like your neighbour, your, your role as a neighbour in the community. And how do you take that on? And there's others in your community. And it's your engagement in that, that a role evolved out of that or the school or something like that.

Another one might be defined by context. So think of the duration or the time and place of an event that you are involved in. An example might be, let's say your local charity. And there's one that I always support and donate to that has a book drive, where they do a huge book fair that offers the books out and they use the money from that book to drive, to fund the charity. What if you



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volunteer for that book drive and what if you're on that, but it's only for a week or a period of time that you're doing that volunteer work. Your role is limited and defined by that context. So this is the way I see putting it all together. You add in the different pieces and you use these filters to help you identify what are the roles in your life.

Then I came up with, in my thoughts before doing this two other approaches. So those are some of the general sense that you might have, but I want to go to another way, and that is pick two different angles to come in. So one way to look at roles would be what I would call the detailed or granular level. This is the micro level. It's has people say with that analogy, looking at the actual trees, not the whole forest or bush, whatever you want to call it, depending where you live. I live where you say, that's the bush not the forest, but I know people who listen to this also say forest. And I used to say that.

And at a detailed level you are considering the tasks that you perform over a period of time. Let's say a day, a week, a month. What are the things you do every day, look at your diary and say, what am I doing today? Oh, well, what role does that relate to? How does that fit in? What are the unique tasks that I have and how do they overlap and, how do they come together into something that I would call a role? Again, this is your process so your coming up with that. I mean, you can come up with any name you want, as long as you know, what it means, right? So you could have this big piece of paper up on the dining room table and be jotting down all these words. And someone's says, what's that, um, you could have a, you don't have to tell anybody of course, but there could be a picture of the role and you know what that means, and it could be heart, or it could be a ball and it doesn't even have to have a word, but make sure that it has meaning for you. But you're looking at the detail and how it comes together.

The other end of the spectrum, when we step back is the big picture, the whole, and this is probably more likely the traditional way you might identify a role because you're going to come in more, probably from titles and functions that you have in a big sense. But ask a few questions around this. And I'd say, what are your big commitments? What are the big things that you have to do in your life? And when I say life, I say you as a whole person. So includes work, includes family, volunteer, whatever. How are you being you in these big commitments? What would you say that would come up as a role?

Another way to look big picture is this is an interesting one because it kind of goes a little bit against what I said earlier, but let's play with it. How would another person introduce you? What would they call you? Friend partner, colleague, boss, parent? There's a starting point there on a big picture level of an external categorization. But again, for me, that's simply a container to play with. It's not who you are. And the connotations of that process would depend on who you're actually asking. I wouldn't actually ask that. I'm saying, just imagine you're asking that person, that question and seeing in your mind, what would they say? Would they call me this? Okay.

And another way to look at the big picture would be, what do you do in your life that is different or defined? So an example of people that I speak with might be sitting on a board of directors for non-profit/ that's a very discreet job role that you would have that is very different from your other day-to-day operations, right? So there's a segmenting or a kind of, hiving off of a part of you that says, well, one role I take on is when I sit on this board of directors for this non-for-profit.



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So that's how we look at and identify roles in our life, in our world. And we're using our own internal language, our own internal perspective to define and identify so that we are really clear about what we do and what matters to us.

Then you might ask the question, so why does this matter anyway? Well, I think it matters for many reasons. In a really big picture sense I think it matters because we are more than the roles in our life. We are also more than what others or we discretely define ourselves to be. And we are more than our titles and our functions. So don't forget that. In the context of all of this, I'm encouraging you to hold in the background, a sense of your bigness, a sense of your expansiveness of your presence in this world. It's much greater than the micro defining of a role or a function. The only reason why I'm taking this into this space is so that you can do the work to let go of what no longer is needed. That's that's it. And that's what helps you.

So how does letting go, come into the equation? Well, as I said earlier, over time, you shift and change and grow. And so these roles that you've identified will also shift and change and grow. And some will no longer apply. They won't even grow any more they will just be irrelevant or aspects of them. We also need to consider letting go, because when we're in transition or change, there's a marking of the end of one way in the beginning of another. And that is more true than ever with roles. And how do you honour that transition? You often need to let go of the old.

The other reason why letting go comes into this is that to be truly effective in our roles in the current present moment, both in our delivery and honouring of them, we need to be really clear about boundaries, scope, and relevance. Think about that. How do you allow yourself to put you into each of the things you do every day and not get dragged into things that no longer are relevant? Or thinking in project manager terms, how do you not have scope creep and have things increase that aren't really in your manifest anymore? And what if other people cross over your boundaries and that the role that you thought you were in no longer is not, it's not just yours it's somebody else's too. Or they have a hold on the old role that you had, and that's how they connect with you. So you can see how letting go comes into this equation, because it allows us to be better at who we are in this world.

But you still need some motivation don't you? I've told you I think it matters. And I can say that letting go is important, but why would you want to let go of a role? Well, the first thing that comes up would be quite intuitive and that is your heart isn't in it anymore. You know, you feel that in you. I went back to the beginning of the episode and thought, you know, when you don't want to get out of bed to do it anymore, that's the kind of feeling that is in you and it's not great, is it? So one of the examples that often comes up is the company that you work for is changing. Maybe there's a new CEO or new way of doing things and you know, you didn't sign up for that and you don't want to shift in that direction. So it's not feeling right. That could be one, your heart's not in it.

Or maybe you're just bored, tired of the same way. You just need to shift things and change things. It's just boring. You can feel that can't you.

And sometimes we hit these insights in our intuition when it's speaking to us, goes time for a change. And you'll know that because you'll be agitated and frustrated with some things. And if you begin to pick up and pay attention to those signals and you look at it in terms of roles, then that would be a why. I mentioned before as well that another reason why you would want to let go of a role is when you are in a new stage of life. And some of the big ones are quite obvious, like you're a new parent and there's a whole shift in that.



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And for those people who aren't parents or never want to be parents, um, you understand, because you've probably seen your friends or family members go through it and there is a big change. It's a new stage of life. And the role you have, there's a whole new set of roles that you didn't have before.

What if you're in a new relationship and what if it's a really serious one and this one might go for a long term, the way you were before is changing. Maybe there's a new role for you. So you want to let go of the old one or the aspects of that old one that no longer serve you or others, and in this case, the relationship you're in.

Sometimes we need to let go of an old role because circumstances actually change beyond our control. And this can be a, I call it a, I guess, a mixed blessing because sometimes they make it possible for us to be different than we were before. And we, I think surge in a sense of growth. One of those examples that I have experienced, and I know lots of people who have, and that is a death of a family member, and we've all been touched by people who have gone through that. And if you have yourself, I'm sorry to hear that too, because it's not an easy change or transition in our life. But our role as a person changes. And what if, for example, you're now the oldest person in your family or the next generation. Those kinds of things are huge. And they can put a lot of weight on our shoulders.

And then there's the things we carry around from the past in our old roles that people are used to dealing with us as, and you need to maybe work on that. Or what about a time where it's less threatening in that sense and challenging, but you moved to a new home. You completely change, pick up yourself and move to a new home. It could be a new neighbourhood, a new geographical location. And we talked about place in the past, but even that sense the event has triggered perhaps some new changes in the roles that you play in your community. You might have been a very active member of the past community that you were in. Maybe you were the local community, garden person, the coordinator of that. And now you don't live in that area and you can't even get there. Or maybe you were someone who volunteered, um, in a charity and worked in the community for that charity and donated your time, but you're not able to do that physically anymore. You're not near that anymore. How do you let go of that role in a way that's honouring it and is opening you up for new ones.

And then the last area of maybe why you would want to let go of a role is when a life event necessitates that change or requires you to adapt. And just as an example, this category, I would say, would be a health crisis. And many people have gone through that in the past year. I know, and I'm really, it's, it's around us all the time now. But you know, you might know somebody and you've seen them going through that crisis and some pull through, and there's a whole new person at the end of that. And some people have changes that really do change the way they are. If there is something like that in your situation where a life event is requiring you to change and adapt, then you need to let go of what no longer is required. What no longer serves you or others.

So these are what I would say are real internal motivating reasons of why you want to let go of a role. Now, I really hope that some of those deeper, more challenging ones, aren't you. I hope it's just more of a intuitive shift you're going through, or maybe a positive life change. Like you're going to have a baby. I don't know, let's say, but we've got to cover everything here. So I'm saying that we all go through the gamut of shift and change, and those are the reasons why letting go of a role



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becomes a really helpful. That's the why. You got that in you. What is your reason for letting go of a role? Why do you want to do that? What is it that's coming up for you?

So now I want to go into how to let go of a role and it's not too dissimilar from letting go of anything else we've talked about. Only I wanted to go in this process a much, I guess, a deeper way. And that's because I believe that it's the culmination of a lot that we've already been talking about. We've talked about this before in all the letting go series. And that is, it's not easy in that it doesn't just happen overnight. And especially when it comes to roles and if you're in transition and change, you know, it's going to be a bit more time. So this process that I'm going to talk about is much more around that shifting and changing, and it's like a cyclical thing.

But it's important to start out by acknowledging what is the trigger that is creating the desire need to let you to let go. And sometimes it can be immediate and sometimes it can be gradual and I'm giving you examples. So for example, if you are changing jobs, if it was because you got made redundant, that's a very sudden trigger, isn't it? And it will prompt you into a very different process than if it's a more, time-based one, like you're going to become a parent through pregnancy and you've got nine months. Well, hopefully nine months. So that's the trigger.

Also some roles don't just go away. So when we're looking at how we let go, once you to remember that you're not letting go of the whole role all the time. So for example, you look at the function of the title and the way you do the role, not so much the actual role itself. Once you're a parent of your kids, you don't let go of being a parent, but you let go of maybe the way you are a parent. Or if your work changes and your experience changes because of qualifications, you are letting go of the old part of that job, or the way you did that work and you're stepping into a new one.

And as we talked about, when there are roles that are entirely by choice, then when the time finishes, you have to let go, right? You might be in an elected position. For example, you've been elected and nominated as a member of a council somewhere, and now you're not. So how to let go isn't easy because your identity may still be intertwined with that role. And hence the work that I want you to be able to do here is to be gentle and loving and caring of yourself in that you are looking at ultimately freeing yourself up so that you can be more of who you are. So keep this in mind.

We're stepping into an approach which does a lot more than tick the box, but it is going to seem like that first. Let me introduce a process that I have designed for this that's come from lots of things that I would have done individually with people, but I thought I'd wrap it up into the idea of roles. And then I'll take you into an example. So this is just a possible approach. It's not the only way you can do this. I'm just offering one suggestion, but generally, whatever you do it involves, or I would suggest it involves self-reflection and review. And that the more internal that is the better, because it's coming from within you.

And you can compare this to, when I talked about letting go of stuff, letting go stuff, the outcome was often less stuff, right? And you went through the internal review of it, but you also looked at the stuff, held the stuff, made decisions about it. Here we're letting go, but it's not about creating less, but I'm going to twist this around and say, it's about creating more opportunity for expansion and growth.

So you're opening yourself up by clearing away what no longer serves you or others you're clearing away. And you're also acknowledging. I have a sense that if you look at what no longer serves you, it did actually serve you at one point didn't it. And it served others. And one of the key things that I



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hope you got from all of this letting go series is that when you actually had that in your life, it was what you needed. But we are in a new time and place now. So you have to look at life as it is now, not as it used to be, and also where you're going.

So that's going to set me up for telling you now about this process. And what I'll do is as I've thought about this, now I need to put some sort of document together so that you can visually see this, not just hear me. So if this is of interest to you, when you go to the show notes on my website, I will at some point, probably not today after I've released this, but I will have a downloadable visual that captures some of the information. I always have show notes. That's the words and texts just of the whole episode. What I'll do is I'll try and put a diagram together. Nothing too flash. I might even draw by hand. I just want to put something up for you and see how that helps you.

So to start the process, I would suggest that you don't look at all your roles and do everything all at once for all roles that's too much, but you pick one. Pick one that draws your attention. And as compared to when we did letting go of aspects of self, where I said, pick the easy one first, because I wanted you to warm up and get used to it and develop your skill of letting go, here I'm going to assume that you have done a bit of work on yourself now, and you're ready to really work on what matters. So I would pick the part of your life that is standing out with neon signs, grabbing your attention, saying, look at me, pay attention, please do something. Because if you don't, I'm going to keep making your life miserable. I'm going to sabotage it and ruin it. So what is it that stands out as a role in your life that needs attention.

Okay so have you got that. So if you were with me, I would have this big, giant piece of paper out in front of you and you could draw all over it and you'd have this role. And this is the sacred space of letting go of your role. I can just put that little word down of whatever it is you called it. And now, you know what you're looking at. So you've put aside everything else. And now you just have this role that you're looking at. It's a chance to focus on it, give it the attention that it deserves. Both acknowledging and honouring it and looking at how you can work with it.

So the next step is I want you to look at this role and describe it in more detail, but I'm going to do that in a different way. I'd like you to have a box, not box, just a title or a word on your paper that says past one that says present, and one that says future. And I'm going to have you describe the role in terms of your past, your present and your future.

And all I want you to do in this is just write down in some bullet points what stands out, what draws your attention in terms of these three descriptions, whatever comes up for you. It doesn't matter. There's no right or wrong. Okay. Just jot down how you would describe the role. And what's interesting is you can see I've put the word future because as I said, we don't always let go of the entire role. Do we? It may just be a redefining of it, a re shaping of it, a refocusing of it. So write down that description. And now you've got a sense in some bullet points, nothing too fancy of your past present and future version of this role.

The next step is to go into an analysis check-in and this is where you're getting to just do some evaluation of what you've written down. And so we first look at the past description of your role, and I'm going to ask the question, what is holding you to this role in the past that is supporting you or challenging you? And then out of that, what is it that you sense when you look at that list for that information that you need to let go of, and then it would serve you better and serve others better, if you were to let go of that? That's the past.



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And then go to the next area, which would be the role in the present. And knowing what you have identified from the past. I would ask you the question, what are you ready to let go of now? And what are you not ready to let go of now? Be very honest with yourself around this, because it's your life. And no one else has to know, and it's okay to say you're not ready. And that you might have all the motivation in the world to do this process, but you know what, it's not. And I'll go through an example after this type up of the process. And you can see what I mean by that.

And now we look at the future role. Because we're talking about letting go, we've already got a sense of what it is, right, or what it could be. Imagine what would be nice to let go of so you can step forward into the future. You see the trick I did there. Right now, you might be afraid to let go of something, but could you imagine possibly in the future letting go of that? That's the gentle way to ease yourself into possibly being able to let it go. And you can also get a sense now that the past present and future is not static either, right? So as you have identified this information, you will start to see that things from the present, move off that box into the past and so forth. And it keeps evolving until the role doesn't exist, right? There's no future of that role.

See how it can be very easy for ones that are done. And it's simply letting go of your identity related to that and honouring it. And I'm not talking about actions yet, but you can see how this process can be iterative and keep going, because the role is a big one, or it can be a very simple discreet, honouring and letting go, okay.

So I've now done the analysis part. And you're getting a theme here aren't you? That when you listen to Jenn's podcasts, there's always going to have to be the head and the heart. I do a bit of thinking a bit of logic, and then we do a bit of intuition. We bring it all together because that's who you are. You're a whole person.

So now I want to move more into an intuitive check-in. And if you've listened to the past podcast to probably get from information on this as well, and that is, I like to always take a whole person approach. And through all the work I've done over the years, it always comes down to a whole person approach, always.

And in this sense, I take my four-quadrant way of looking at the world, and that is the head, the body, the heart, and the soul. So I look at the thoughts, the mental aspect, the physical sensation, the emotional responses and reactions, and then the inspiration, motivation, and purpose. And then holding all that together as you the core of you. So all I want you to do is to go back and then connect into these four aspects for each of those description categories that you've come up with.

So you might start with, for example, connect into the role that you described in the past, and then hold that awareness and then look at through the lens of your thoughts. Just what do you think about this? Just jot down, whatever comes up. Then you might go to the next quadrant and say, I'm tuning into this role from the past. And I'm sensing physically in my body, what comes up, you just notice and you jot down what you feel, what you notice in your body, not the emotion, but the physical sensation that comes up.

And then you'll go into the emotional side and notice how you're feeling about this, and just jot that down.

And lastly, tune in to this role in the past, for example, and really get a sense of the motivation you had, the inspiration, the purpose that was connected to this role in the past. What does that look like for you?



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And then you step back and you just feel more into that. You connect and you hold it in your awareness without judgement, without criticism, but with a loving, acceptance and acknowledgement that this is me and it is what it is. And it's good in that it's who I am. And when you're going through this, I know depending on the role and where you're at in your transition, there could be a lot in one of those areas and not so much in the others. And that's going to be another indicator for you of the kind of self development work you may or may not need to do in terms of actions that you take. So pay attention to what also is coming up for you. And you'll see that.

So one of the reasons why I'm making this into such a discreet describable process is that because you can get so caught up in the emotion of this or the frustration, or sometimes you can make it only a mental exercise and then you forget about how you feel, or you've lost track of your inspiration and your motivation, then you've missed out on an opportunity.

I want you to imagine that when you bring together the past, the present and future description of your role with this intuitive filter check-in of thoughts, senses, emotions and motivations, if you bring those together, imagine that in front of you is a cube, a Rubik's cube style toy that has a face of four, which is your four quadrants. And then it has a side that goes back into three slices for past present and future. And what I want you to imagine is that it's like more like a puzzle and the cubes come together.

Can you imagine that? And that you have 12 cubes. Have the head and thoughts. You have three past present and future. And so why I'm saying this is because I want you to be able to take one piece out and play with it and then put it back. I want you not to get so overwhelmed that you've got to deal with all of this all at once, because it can be overwhelming. So you might say if this is a really big change for you and you're letting go of a lot, you might just say, I'm just going to work on the thoughts today for the past, or I'm going to motivate myself and really anchor into the future and look at my motivation, inspiration around that in terms of this role. So can you see how you can play with this? So I wish I could actually give you a physical puzzle of cubes that you could put together, like little blocks and then say, now pick one.

But what's really interesting is these aren't static either, because as you begin to work on this, you will notice that you are letting go of some parts of this, right? And that list that you wrote of what I need to let go of and what I'm ready to let go of, begins to get, let go of. Because the next thing is to come up with practical, real actions that you can take. So, as you've connected into all of this, you look back at what you want to let go of. What's holding you back and you look at what you want to do to step forward into your experience and say, right now, what can I do? What can I actually do right now that will make a difference in this process and whatever comes up for you. That's the first thing to do.

Don't add anything else to the list until you've got that first thing to do, and then do that and then go back and check in again. And you can see where you're getting a cycle where you work on this, go back and look at how you're going. And pretty soon you'll get to a space where what you're ready to let go of is everything or what you want to let go of before you go forward is you've already done it all and you're ready to move forward. And maybe something else comes up. But for some things that might just keep evolving. But right now, imagine that it's really possible that you can let go.

And if you get into this flow where it's not so much a clunky process with diagrams and drawing on pieces of paper, but you can get to the state where you go onto the tune-in and see how I'm going with that, it becomes very intuitive for you. And then the practical application is possible every day,



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all the time. You begin to identify well that I don't need anymore. It's okay. And you begin to create authentic ways for you to honour that and let go. Important for you to come up with your own ways of doing that.

And then you move into what I would call balance and flow because that's life. This is not a thing that is separate from who you are all the time. It's part of who you are, right? This is your connection to the world around you. And the more you are active and engaged in that, the more you're able to express and be the authentic you every day. So you could even be honest and say, I'm not ready to let go of that.

I remember working with a person who had worked in an organisation for a really long time, and he, and he, wasn't the kind of person to have a tattoo. He was much older, but he said to me, 'I feel like I still have a tattoo of the company's name on my arm and when I walked out that door, it came with me and I haven't let go of that yet. And I don't think I ever will.' And so we had to have a honouring of that because it was a considerable part of the person's life. And then there was a point where it didn't have the emotional connection anymore. It just was what it was. And there was a different way of connecting which was more like an alumni or a ex person. And you can say you're still connected in a way, but it's the way you choose and the way you want. That's just one example. There's lots more, but just keep that one for now. Because I want to go through an example, which also ties into the way people are in their work.

So let's now do, or let me take you through a fictitious example. It's not a particular person. It's not me. It's a combination of my observations of different aspects of what I've seen with people I've worked with, I guess, or people have heard of me, whatever. It's just like, it's what came up when I sat down and said, let me come up with an example. So let's go through that now.

Okay. Surprise, surprise. I have selected an example where a person is working in an organisation and then is now either planning or already actively leaving and stepping into their own business. It is a very typical experience in the world. And I'm sure there have been a few of those last year even of people who have moved from working for somebody to working for themselves. And the one I've picked is imagining you are, a professional consultant in a large consulting firm and now you're stepping out into consulting on your own. And the reason why I picked this is because the skills and aspects of what that person does for a job will be very similar when they're on their own serving clients, just as they were serving clients before.

So step one we talked about was selecting the role. I just picked that.

Step two would be described in terms of past, present and future. And so in terms of past, let's pretend that this person started their career out of university. And then they followed the natural projection of career development, did everything they were expected to do, and just moved along in their firm or their organisation. And they got skills in a certain industry. And they got experience during certain jobs and a whole suite of personal development along with that, by default. That is the past.

In the present, the person might be now working in this role that they're in currently, but it's taking too much time and they have a lot to do to meet the company requirements or the organization's requirements, a lot of bureaucracy and a lot of politics. And in considering where they are at now this person might say, well, I want to have more say in the work I do and less politics, maybe that's the thing that's happening in the present. And can see the career stalling if the person chooses not to play part of that.



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And then the future role is imagining this future role. And in doing this, this person's considered well, what will my future look like? And has considered the idea of working with a family and wanting to set that up. So that was that set up the business so that the family aspect is more flexible. This is the person's decision, need more opportunity to expand with other clients, for example, because the clients they had in the organisation aren't relevant anymore or of interest anymore, and want to really branch out into new industries. And maybe, maybe this person's also thinking of moving to a new location and want to be more flexible in that regard as well.

So there's the description of this pretend role of this pretend person. And now the person would do the analysis and check-in. And here's what gets kind of interesting because I'm making this up, but I can imagine this would be someone saying this to me. So I'd ask the question. What is holding you to this position, this role that works for you and doesn't work for you? And I could imagine that they might come up with things like loyalty and professional integrity, bit of guilt, a bit of obligation, maybe a need for security. Um, someone who wants to stay in their comfort zone it's feel safer. And there still is a considerable learning opportunity should that be offered or availed of.

And then I'd say, okay, let's look at the present again and ask the question. Well then what are you ready now to let go of and what not. And this fictitious person might say to me, well, I'd like to let go of the guilt, ready to let go of the guilt, because if I can get rid of the guilt, I won't feel so bad about doing this. And I'm ready to step out of my comfort zone, just even imagining this is also to me a growth opportunity. But I'm not fully ready to let go of the need for security. So there's an honest assessment in that, and it really helps to identify that because that will give you an idea of what you can gently work with and what barriers might exist to letting go.

And then we go into the future description and we say, what can you see as a nice to let go of in the future that allows you to really step into and move forward? So what can you come up here? Well, ideas would be letting go of a fear of failure. I can really go forward, um, letting go of the identity attached to this current situation. And being able to let go of the need for security and to be able to deal with it.

So I would ask the question in that context. Well, what does that look like? If you let go of those things, what does it actually look like? And it means not having expectations to be perfect all the time. It means moving into and redefining yourself as a new person, as in association with new things. And it means learning to live and adapt to uncertainty, which is a very valuable thing in this world right now.

But the challenge is how to bring your present into this experience and how to let go of the past elements that are holding you back. Those are challenges. They're very real. And so the whole process of analysis allows you to change the way you see yourself. It gives you a chance to reframe.

And another thing that drops out of this is that you might pick up on a sense of what is consistent and core to who I am like a value or a belief or a principle that you want to hold on to. So in this particular person's example, maybe what they discover out of the analysis is that throughout the past present and future, there was always a sense of being a professional and having loyalty to clients and looking after them, no matter what the role is, but just expressed differently. So you can see how there's some things that drop out of this process that are even nice little gems.

So now we take the next step in the process and we do the intuitive check-in and we would shift into our energy. And in real world time, I would probably do a bit more of a meditation before doing this so that a person could drop into their intuition and being much more ready for this kind of



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connection. But let's just say that this person's done a lot of work on their intuition. They feel really comfortable dropping in and going, okay, I'm now going to shift out of that analysis. And I'm going to really feel from my heart and know what I'm sensing here.

And I'd ask, okay, connect in and hold the awareness of this role in the past. What comes up. And maybe, maybe this is me pretending when they think about the role they look back and they go, that was a good decision, really good career path. Um, it gave me flexibility and freedom to learn in a safe environment, but I want more flexibility and freedom. So the thought process going on.

And then I'd say, check in physically, what are you sensing? And maybe the person comes up with, well, there's low energy. I feel heavy. Like I'm tied to this. These are bodily sensations. And they're real.

Then I'd ask, what are you feeling about this? And maybe what's coming up is mixed because there was joy and excitement at the beginning. And now there might be a bit more frustration and feeling trapped. And there's a sense of that.

And lastly, I'd ask what was the motivation in the past regarding this role? And this is the really beautiful part of the process because maybe, maybe you can remember why you did what you did in the beginning of this past role and you go, Oh, I don't want to lose that. There's a really important part there that's a thread through your whole life. And in this example, maybe this person might say, well, I still like this kind of work. I love helping clients do what I do and the skills and the industry is exciting. I'm just not motivated in this particular way anymore. And then we'd move on to the present. We move on to the future.

And then after this intuitive, check-in, I'd step back and say, let's review what we've come up with. And we'd go, what action or step can you now take that will shift you into the direction you desire? What does this tell you? Where are you at right now? And where do you want to be? And out of that will come some ideas like I'm going to go out and meet with new people and talk about opportunities elsewhere. I'm going to get a sense of what other people who've moved out of corporate have done and talk to them and learn what their experiences have been. That could have been the first action. So off this person goes and has conversations with people and then you'd come back and review and say what does that do? How does that inform me? How do I know what's working and not working.

And again, it's about checking in and reviewing and coming back to what you've been looking at from your own perspective, from your mind, not someone else's. So even when you go outside of yourself to get information, it's not about, well, this person said I should do that so therefore I'm doing this. I'm not talking about that. The last thing I'd ever suggest, their wisdom is valuable. Their insight, their mentoring, whatever is absolutely 100% valuable, but what's more valuable is how you take that and discern what's right for you and what's not right for you. So this process is a way for you to let go of roles so that you can move forward, step into the person that you want to be even more in the world, the more authentic you.

So that's the process. We've covered a lot in this episode so far, and I want to close down the whole series with the final words of this particular topic on roles. And this is a bit different because I stepped back and I thought about this before we actually recorded. And this is me coming from more of an intuitive place of what sense comes up around all of this.



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So you take the journey that I've just introduced to you about defining a role, identifying a role, going through a process of letting go of a role. And now just really sitting in that. And so this is my final word on this.

What is letting go of roles really about?

It is about finding peace within yourself. That is the ultimate goal.

When you look at your roles in life, you can be distracted by titles and words describing what you do, but ultimately it is about how you feel inside.

Then it is about looking and searching for a new role that matches how you want to feel.

And in my words, it is an internal journey made manifest not the other way around.

So you might, you might wonder at times when the role you have does not change, like when being a parent, for example, which we talked about, it is how a person is a parent equally, as much as being a parent or not being one. So it depends on where you are at, but even that is not limited because the perceptions get built in that you are limited. You have to work with those. For example, if you're a parent and you have a kid with a challenge, you're not stuck with that, that's a perception. That's a way of seeing it. It's about changing how you see that situation and looking at it differently. So even that can be a trigger for your role to shift, right? Likewise in career and jobs, the person you work with, person you work for.

How do you change? The letting go process is about seeing through the eye of love and letting go of what no longer serves. A role is the ultimate example of serving. When you, through that role expression, no longer serve, then you need to let go of that way, not necessarily the role.

So it's like that. You know, people say pivot, I don't like that word cause I hate jargon like that. But this is like a change within an internal paradigm shift that takes you from one place to another in your own self and awareness.

So I stepped back even more and I've thought about this and I got a couple of analogies and I think you'll probably think Jenn's lost it. You probably already felt that a long time ago.

And the first analogy is really abstract and amorphous. I want you to imagine, for example, that within you, there are multiple nodes of light. And then imagine these are connecting up in you and coming together to create a sense of a role. But the nodes shift, they move, they are not static. They group and regroup, and then they express themselves through you.

But then we can go to a more real life analogy. And here I'm going to have fun because I'm going to use sporting analogy. And I don't play group sports, but I did once a long time ago in another lifetime. But I do watch football occasionally, because I'm, I have people in my life that love football. But it's irrespective of what code of football you follow, whether you're in Australia, Europe, the US doesn't matter whether it's soccer, Gridiron, American football or Australian rules, for example.

It's as if you're in a game of football and you come together, it doesn't matter what the actual game is. The idea is that you have a desire to play a game. You come back together, make a plan, and then you break apart and go in and enact the play.

And when it doesn't work, you come back again. And when it does you celebrate, but you still come back again. And this is the internal game underway. And the specific game is just a subset of the many games you play in a bigger season of a bigger conference. The focus first is you in the one game.



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I know life is not that simple, right? You don't have just one role. So how do the roles we play work when there are more than one, I'll keep with the sporting analogy. And I want you now to think, I know, stay with me, think of your internal world as the Olympic Games. And now you're laughing. Imagine you are hosting multiple events within each category. And this is what a role is like. It is as if you are running your own Olympic Games.

So all the natural aspects of that analogy can apply. You can consider training and game fitness are important, right? There are injuries that sideline you, there are forces from others. You are needing to address constantly example. You're not alone in this, and there are other people playing and there's political people, too. You have people that are helping and people that are on your team as well.

And another thing that might trigger you here, though, is that while many of us use the word competition for sport, that is not what I'm considering in this analogy. I don't see this as a battle. Even though you would maybe go there. It is more a way of achieving our best with others. It's about maximising our potential. It's not really so you can take them a prize or a medal. In fact, if you do all this so that you can have some acknowledgement of a prize, then that's the wrong motivation, I think. It's more about focusing on the passion, the fun and the joy of playing from the inside out.

So in terms of roles, it needs to be the same. We are not competing. We are each getting the best out of each other by choosing to be on the field together. So your inner world is richer and more vibrant because others push you out of your comfort zone. Take, for example, the company that decides to restructure a division or a whole company. The people affected are not choosing that. And they will go through lots of change, emotions, ups, and downs, uncertainty. They have to sort through their change, but it will inevitably come out better for it. And I say this because eventually people do. And I have lots and lots of experience seeing this. Some maybe not so much, but it's, again, there's a factor in that, which I won't go into here, but I will say this. Some people take the long, hard way and others take the short easy way.

What way will you take in letting go of roles in your life and work?

Where do you take responsibility for yourself in this process so that you can be here to serve others by being the best that you are by being all of who you are by being the authentic person that you are, the amazing person you are?

Because I guarantee that we all are even the ones that really frustrate you inside each of us, is that potential. I believe that by letting go of all that holds you back from everything to do with stuff to roles, that you will free yourself up to step forward and claim who you really are. And it's from that new foundation, that platform of self that you can then be even more importantly able to do the work you do in this world. And whether it makes you a better parent, a better boss, a better colleague, a better community member, just a better person overall, it doesn't matter what your role is. It matters how and why you do it. So stay tuned in to you, listen to you and of all things have fun doing what you do so that you can make a difference in this world.

And that's my final bit on this. And I know I had a little soap box moment at the end because it's my podcast. I can do that. By just, I can't tell you how much it means to me to hope and inspire you to really step forward and be the amazing person that you are. Because I know that. And every time I meet somebody, I'm just always finding that in them. So I hope you're doing well in this. And please send feedback, please let me know how you go. Let me know. I really do want to know if anybody does any of this stuff. And I promise I will eventually put extra resources for you on the website for



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this particular episode So go to that episode and checking for the show notes. And if you don't want to keep doing that, you can always send me a text or email in the contact form and say, you want that and I'll let you do that. But thank you for listening and I look forward to sharing with you next time. I think I'll do a little short one next time, but hope you enjoy this. Thanks.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."