

## Finding Self After 60

# Day 4 — Redefine Roles

From old roles to chosen roles.

### ***Why this helps***

When paid work or parenting changes, identity feels empty. Creating new roles (mentor, volunteer, learner, artist, friend) restores purpose and structure.

### ***How to do it***

List 3 roles you've lost or outgrown and 3 roles you want now. For each new role, pick one beginner step and who can support you.

### ***Example***

Old role: 'office manager.' New role: 'community organizer.' Beginner step: visit the local library to ask about events; talk to Samina about co-hosting.

### ***Activity — Role Map***

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Roles I'm letting go

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Roles I want now

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First step for Role #1

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First step for Role #2

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Who will support me

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