

PATTERNS IN ROLES YOU PLAY

From pg. 56 of *Four Patterns of Healthy People* by Matt Norman

Role	Who Expects This of You?	How "Healthy" Is This Role?
<i>Ex. Company leader who finds work, delivers work, and helps set direction and culture</i>	<i>Employees, clients, colleagues, creditors</i>	<i>I really enjoy and thrive in this role. At the same time, too often I carry the emotional burden of responsibility for the success of others and want to ensure everyone is happy. This can wear on me and can cause me to over-function.</i>

Schedule a Keynote or Coaching Sessions.

Visit <http://mattnorman.com/contact>

