Example:

The hats you wear

Name and evaluate the different hats you wear in your life. Which ones do you want to put on? Which ones do you not want to put on?

	How relevant is this hat to my day to day life?	Does this hat fit me – if necessary, what do I need to change about it?
Student	Seven courses/week, daily follow-up, studying for three exams, one paper, meeting fellow students, flexible time management.	Currently, this hat fits me. I'm enjoying my course of studies and I'm dealing with the workload well. As exams get closer, I'll need to be careful in case the hat becomes too big for me. And I'll need to remember to take off now and again.
Daughter/son	I don't live at home anymore. It's hard for me at times, but I enjoy the freedom too. My parents call me nearly every day, which is annoying.	At the moment I would like to take this hat off more often and do my own thing. For me, calling my parents at weekends and visiting them during the semester break is enough.
Student assistant	I work 9.25 hours as an assistant. The work is not very demanding, but I've made some interesting contacts in the faculty.	This hat fits me well, but I need to talk to my superior because I need more leave during the exam period.
Partner	Unfortunately, this hat doesn't exist at the moment. It is one that I would really like.	I would like to spend more time going out and meeting new people.









The hats you wear

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