PRACTICE

Who Am I Without the Title

Curated by Simon De Los Rios

WHO IS THIS FOR

Your role just ended or changed, and you do not know how to answer “so what do I do now.”

PAIN

Losing your sense of self when the job that defined you disappears.

SOLVES

Separates who you are from what you did, and gives you a new way to describe yourself.

TOPIC

CAREER TRANSITION | LIFE & MEANING

READ TIME	TIME REQUIRED	WHAT YOU NEED
2 minutes	20 to 30 min	notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Write the old script

For five minutes, write how you used to describe yourself in the first box on the card below Step 3. Your title, your company, what you did all day. Try to be as specific as possible.

– *When I say what I do, am I describing my job, or am I describing myself?*

Step 2: Find what was underneath it

Read what you wrote. For each part, ask yourself. Circle anything that feels true even without the job attached.

– *Was this really me, or was this the role talking?*
– *What am I feeling when I read it?*

Step 3: Name what is left

List everything you circled in the second box. This is you, with the job stripped away. If you circled nothing, write what people came to you for, and ask one former colleague what they would say.

HOW I USED TO DESCRIBE MYSELF	WHAT IS STILL TRUE WITHOUT THE JOB

MY NEW SENTENCE _____

– *Without the job, what is still true about me?*

Step 4: Write one new sentence

Write a sentence that describes who you are right now, with no job title in it, on the line at the bottom of the card. It does not need to be perfect.

– *What am I feeling when I read this new sentence?*
– *What is one sentence I could say at a dinner party that has nothing to do with where I work?*

BEFORE YOU CLOSE THIS

Keep the sentence you wrote somewhere you can see it and re-visit in a week.

CONTINUE WITH

How to Introduce Yourself, once you have a sentence that is true, this practice helps you turn it into a short introduction.

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