

Who Am I Without the Title

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone whose role just ended or changed, and who does 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
2 minutes

TIME REQUIRED
20–30 min

WHAT YOU NEED
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. 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. This is you, with the job stripped away.

- What would still be true about me if the job disappeared tomorrow?

Step 4: Write one new sentence

Not a job title. A sentence that describes who you are right now, independent of any role. 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?

Example. Joe spent 12 years at a company whose name opened doors before he even finished a sentence. Three weeks after the layoff, a friend asked him at dinner, "so what do you do now?" He froze. He did not have an answer, not even a bad one. That night he sat down and wrote his old script: "I run operations for one of the biggest names in the industry." He read it back and asked if that was really him, he noticed the company name had nothing to do with it. The part that was him was how he managed people and kept things running when everything felt like it was falling apart. That skill belonged to him, wherever he went next. His new sentence: "I know how to manage people and keep things running, even when everything feels like it is falling apart." That sentence told him exactly where to look next, smaller companies going through chaos of their own, the kind that needed someone who could walk in and build order fast. He stopped looking for another version of his old title and started looking for that problem instead.

BEFORE YOU CLOSE THIS

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

CONTINUE WITH

The Transferable Skills Map, once you know who you are without the title, this practice helps you name exactly what you are good at.

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Source: SDLR (original)