



# Bringing Voice & Value to Our (In)visible Work

## Identify

Use this space to specify 10 roles/identities that are important to you.

## Reflect

**Part A:** From the roles/identities above select 3 that you identify with most. List some of the work you do for each of the roles (e.g., **Role/Identity:** Parent; **Work:** Schedule doctor's appointments for everyone; **Role/Identity:** Hispanic; **Work:** Translator; **Role/Identity:** New Employee; **Work:** Department birthday cards)

**Part B:** Categorize the work that you do in that role/identity as invisible or visible. *Invisible work* is defined as work, mental or physical, that is done for someone else without acknowledgement of your time, effort, or contribution.

Invisible	<b>Role/Identity 1:</b> _____  <b>Work:</b> _____ _____ _____ _____ _____	Visible
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Invisible	<b>Role/Identity 2:</b> _____  <b>Work:</b> _____ _____ _____ _____	Visible
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Invisible	<b>Role/Identity 3:</b> _____  <b>Work:</b> _____ _____ _____ _____	Visible
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# strategize

Thinking about your work-life priorities and values, circle 5 traits that you want to be remembered for. Feel free to add words.

### Work Life

- Collaborator
- Compassionate
- Empathetic
- Hardworking
- Honest
- Leader
- Learner
- Mentor
- Reliable
- Trustworthy
- Visionary

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### Personal Life

- Active
- Dear Friend
- Helpful
- Mindful
- Neighbor
- Planner
- Problem Solver
- Resilient
- Spiritual
- Traveler
- Worldly

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### Personal Values & Ethics

- Charitable
- Curiosity
- Dependable
- Discipline
- Drive
- Family Oriented
- Integrity
- Listener
- Open-Minded
- Religious
- Trustworthy

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## Act

Are the work-life traits you circled above being compromised because of the invisible work you are doing for a specific role? If so, it is time to act by deciding if you're going to:

1. **Continue** doing the invisible work as is.
2. Have a **courageous conversation**.
3. **Free yourself** and stop doing it.

If you select option 2, take the time to reflect on how the workload can be redistributed and bring light to your impactful work, so others can learn and acknowledge all the important unseen work that you do.

To learn more about WellsQuest and Our (In)visible Work, head to [wellsquest.com](https://wellsquest.com) or scan the QR code.

