

# Which Hat Are You Wearing?

A Self-Discovery Guide to  
Understanding the Roles You Carry





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'DR. KELZ'

# Welcome

We all wear hats.  
Not the kind you see, but the kind you live in.

The hat of being strong when you're tired.  
The hat of fixing everything for everyone.  
The hat of staying busy so you don't have to  
feel.

At some point, those hats stop helping...  
and start weighing you down.

This guide is your moment to pause.  
To notice.  
To ask yourself:  
What hat am I wearing right now  
and is it still working for me?

  
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# How to Use This Guide

This isn't something you rush through.

Take your time.

Be honest with yourself.

As you move through each hat:

- Notice what feels familiar
- Reflect without judgment
- Focus on awareness not perfection

You don't have to fix everything today.

Just start by noticing.



# The Officer Hat

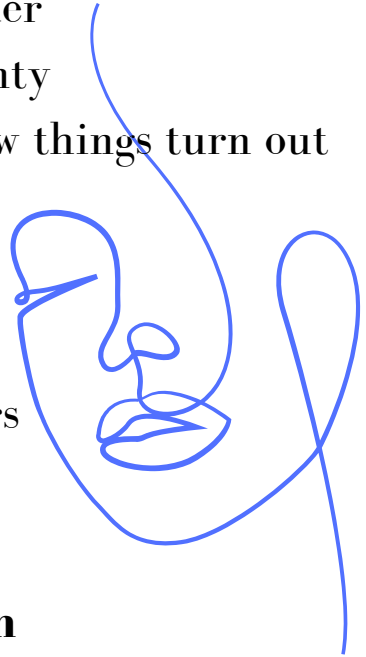
— CONTROL —

## What It Looks Like

- You like things to be in order
- You struggle with uncertainty
- You feel responsible for how things turn out

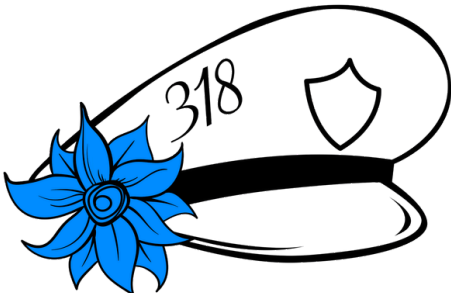
## What It's Costing You

- Anxiety
- Frustration with others
- Mental exhaustion



## Reflection

Where in your life are you trying to control things that aren't yours to control?



## Shift

Not everything needs to be controlled to be okay.

# The Doctor/Nurse Hat

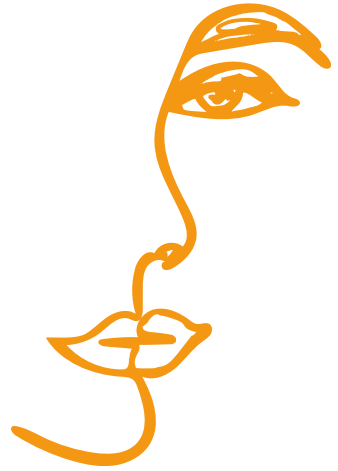
— OVERGIVING —

## What It Looks Like

- You take care of everyone
- You feel needed, but drained
- You ignore your own needs

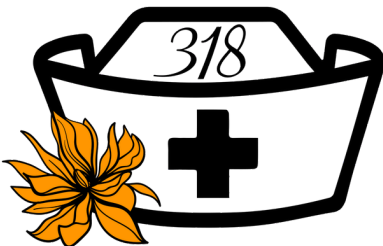
## What It's Costing You

- Burnout
- Resentment
- Losing yourself



## Reflection

Where in your life are you giving more than you have to give?



## Shift

You deserve the same care you give to others.

# The Firefighter Hat

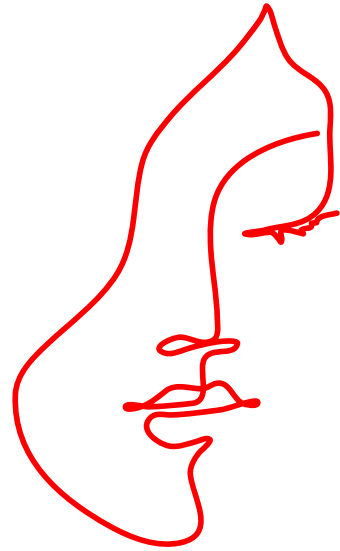
— RESCUING —

## What It Looks Like

- Fixing others' problems
- Feeling responsible for people's emotions
- Jumping in too quickly

## What It's Costing You

- Stress
- Overwhelm
- Weak boundaries



## Reflection

What are you carrying that isn't yours?



## Shift

Support doesn't mean saving.

# The Full Face Cover

— MASKING —

## What It Looks Like

- You appear “fine”
- You hide your feelings
- You avoid being vulnerable

## What It’s Costing You

- Feeling unseen
- Isolation
- Emotional exhaustion



## Reflection

Where are you pretending to be okay?



## Shift

You don't have to be everything for everyone.

# The Floppy Hat

REJECTION & SELF-WORTH

## What It Looks Like

- You replay moments where you felt rejected
- You question your worth after disappointment
- You take things personally, even when you try not to



## What It's Costing You

- Self-doubt
- Overthinking
- Shrinking yourself to avoid rejection

## Reflection

Where have you allowed rejection to shape how you see yourself?



## Shift

Rejection is an experience not your identity.

# The Fedora Hat

— CONFIDENCE & PRESENCE —

## What It Looks Like

- You're learning to stand tall in who you are
- You're becoming more aware of your value
- You're starting to show up differently

## What It's Costing You

- Playing small
- Waiting for permission
- Holding back your voice



## Reflection

Where in your life are you holding back instead of standing fully in who you are?



## Shift

You don't need permission to take up space.

Confidence grows when you choose to show up anyway.



# The Crown

**After all the hats...  
there is still you.**

**Not the roles.  
Not the pressure.  
Not the expectations.**

**Just you.**

**Worthy.  
Whole.  
Enough.**



**You were never just the hats you wore.**

# Your Turn

Pause for a moment.  
Be honest with yourself.

The hat I wear most is:

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It helps me by:

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It costs me:

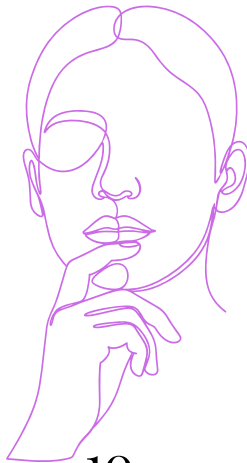
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The truth I need to remember:

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# This Is Just the Beginning.

You don't have to take off every hat today.

You don't have to figure everything out.

Just notice.

Just be honest.

Just begin.



# Ready for More?

**If this felt familiar...  
it's not by accident.**

**There's more waiting for you inside:**

**Continue with:**

**Maya's Journey Through the Hats  
H.A.T.S. - Helping Alleviate Tumultuous  
Seasons**

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