

**What would happen
if you set aside what
is expected of you?**

Beyond roles

Beyond roles: **how to live by *simply being yourself*.**

March is a month where **we celebrate both women and fathers**, but beyond these traditional roles, this month is a good opportunity to consider **what it truly means to be yourself**.

Expectations about what we “should be” or “how we should behave” sometimes limit us and **distance us from our very essence**. Instead of sticking to what is expected from us, how about leaving room for what actually defines us?

This month, we would like to remind you that you don't have to fit into predetermined moulds. It's time to leave expectations aside and **start embracing what makes you unique** (without judgement). It doesn't matter if you are a man or a woman, a father or a mother, a brother or a sister... What matters is that you are yourself, in the way that makes you feel best.

A short reflection exercise

It's time to remove labels. Here's an exercise for you:

- Think about **the expectations you have of yourself**.
- **Which of these expectations define you** and which ones hold you back?
- **What is the first thing you would change** if you weren't afraid of judgement?

Realising that there are expectations **you don't have to meet gives you space to be more yourself**.

This exercise helps you free yourself from what doesn't define you and focus on what truly matters.

Continue your development...

We'll tell you more about how social expectations shape us and what we can do to avoid it. Here is an article about fighting against standards of perfection.

[Access here](#)

Missed one of our previous pills? You can find them all [here](#).

