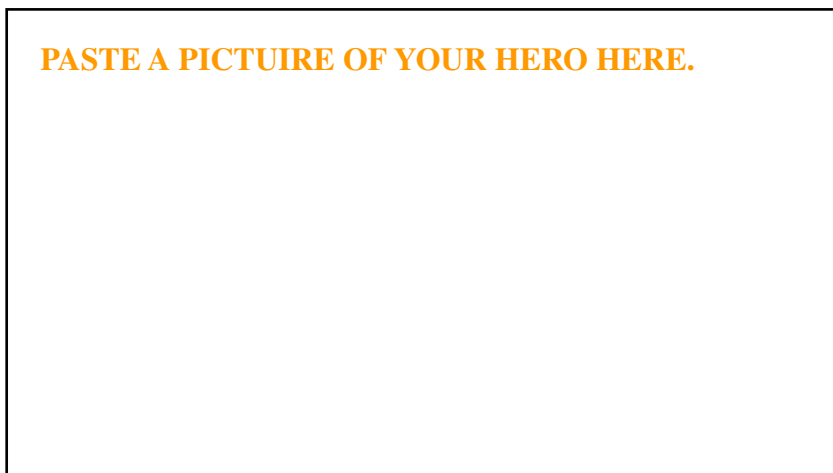


Who do you look up to? Some of the most admirable people are the ones you encounter every day. You may admire your mom because she's patient, or your husband for his extreme willpower when it comes to fitness. Historical and famous people work well as heroes, as long as you respect them for more than their fame. Whoever it is, why do you think so much of him/her? What are the best qualities of that person?

1. Take some thoughtful time and list your hero's qualities in the left hand column.
2. Put a colored checkmark by the qualities you feel that you hold well already. These are the strengths you're building from.
3. Of the ones that remain, choose ONE that you'd like to focus on. You get the best results when you focus and do one thing at a time. Try to choose one that can take advantage of the qualities you already have.
4. Create a goal right now for developing that quality. For example, if you hold Martin Luther King, Jr. in high esteem for his ability to move people, consider taking a public speaking class or a leadership position that would allow you to practice this skill.
5. When you feel you've made progress with this quality, put a checkmark by it and choose another.

PASTE A PICTURE OF YOUR HERO HERE.



MY HERO:

QUALITY

ME

GOAL
