



Module 2 – Worksheet 2

Heroes and Role Models

You've probably known or heard about several people you admire. These may be people who have special qualities or talents, or who have exhibited certain behaviors or performed certain deeds that have impressed and/or influenced you in some way. These might be siblings, relatives, or friends, or they might be people you've heard about but not personally known. They are people who have inspired you in some way.

Being aware of the qualities you admire in others helps you appreciate those aspects in yourself (these characteristics are inside you even if you don't currently see them!). This awareness helps you set goals for your own personal development.

Exercise: Heroes and Role Models

In the space below, identify and write about these special people and what it is about them you admire.

1. My heroes and role models are:

2. The qualities, behaviors, and attitudes they each possess that qualify them for this status in my eyes are:

3. I possess the following "Hero/Heroine Qualities" listed above:

4. Goals to help me achieve or incorporate these qualities in my life are:

Reflections on Heroes and Role Models

- We all have heroes/heroines, role models, and people we admire.
- Other people's special qualities, talents or deeds have a strong influence on you.
- You often identify with these other people.