

FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 2 – Worksheet 3

Ideal Woman/Man

This exercise will help you explore your ideal person: the person who is the same sex as you are, who you'd most want to be like if you could. This is probably not a single individual, but more likely a composite of several people you have known or simply imagined.

In the space below, write about this person. What qualities do you admire? How is this person special? Be specific. Write about this person's age, style of dress, feelings, ways of dealing with life, basic attitudes and values, career choice, family, marital status, education, fears and insecurities, financial status, place of residence, etc. Explore who this ideal person is and how he or she functions in daily life emotionally, professionally, spiritually and socially. Have fun!

MY IDEAL PERSON IS:

Reflections on Your Ideal Person

- You have a fantasy person inside you.
- You have the ability and potential to become your fantasy person!!!

