

# My Role Model

We often have role models or people we admire. It could be their image, their energy, their people skills, leadership skills, the way they make life seem so easy and uncomplicated or something else. Whatever it is that inspires you, this exercise aims to help you think about how you would like to be by considering what it is in others that you admire. Allow yourself 20 minutes of quiet time to relax and write your answers below!

1. Who are your **Top 3 Role Models**? Who **impresses** you?

(They can be real or in your imagination, someone you know or don't, in a film or book, alive or deceased)

1. .... 2. .... 3. ....

2. Who has been **most influential** in your life over the last year, personally and in your career?

Personally ..... In your Career .....

3. What about them has **impacted** you? What do you most **admire** about your role models above and why? What can you **learn** from them?

4. What qualities do you currently possess that are similar to those of your role model?

5. Which of these **qualities** would you like to develop for yourself?

6. How could you **begin to bring** some of those **qualities into your everyday life**?

(Think how you could adapt what your role models do - to fit you and your life.)

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**Last word:** Reading books, memoirs, autobiographies or watching/listening to programming about people you admire can give you plenty of ideas of how to improve your life!