

BE: LOOK TO AN INFLUENTIAL PERSON

People influence others through their behavior, feelings, and lifestyle. Undoubtedly, a number of people have served as patterns or sources of inspiration for you. The following exercise will help you discover the character traits you value most.

1. Who has served as a positive role model for me and has had a significant impact in my life? Why did that person have such a significant impact?

2. What qualities does this person possess that I would like to emulate?

3. What other qualities of character do I most admire in others?
