WHO DO YOU ADMIRE AND WHY?

1. Write down the names of three people you admire or look up too.
   
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2. What is the quality or characteristic you admire most about each of them?
   
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3. Why do you think you admire the 3 characteristics mentioned above? Why are you drawn to these qualities?

4. How well do you possess the qualities you admire in others? (1 Not Really – 5 All the Way)
   
   • Quality One: ___________________________________________ 1 2 3 4 5
   
   • Quality Two: ___________________________________________ 1 2 3 4 5
   
   • Quality Three: ___________________________________________ 1 2 3 4 5

5. List one or two ways you can further develop the qualities you admire in others.
   
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