



## WHO DO YOU ADMIRE AND WHY?

1. Write down the names of three people you admire or look up to.

- 
- 
- 

2. What is the quality or characteristic you admire most about each of them?

- 
- 
- 

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.

- 
-