

Heroes Exercise

This exercise will help you get clarity on what you most admire about what others have contributed to this world and will give you clues about what might be important for you to accomplish with your life.

Who has directly impacted you in the most significant, positive way? (Think of friends, family, relatives, teachers, peers, mentors, leaders, etc.)

List other people that you admire and respect that you may not have personal contact with but that have impacted you because of how they lived, what they accomplished or they impact their life made on this world. (Think of historic figures you learn from or current people that you follow.)

After you have identified your “personal heroes,” list the qualities and accomplishments you most admire in their lives.

Finally, identify and write down the common themes that you see in the qualities and accomplishments of all your personal heroes.