WORKSHEET

The ROLE MODEL GUIDEBOOK

Having wonderful role models can make your life's journey fascinating and insightful. Serving as a role model for others can enhance your life fulfillment ten-fold.

Complete the exercises on this worksheet to clarify who your role models are and why they're important. Then, consider whether you wish to be a role model for others. Review the characteristics of a positive role model and identify what kind of role model you are. You have the power to enrich others' lives while you're enriching your own!

Who are your role models? (List your role model in each category below)

Your overall "I want to be like them" role model: _____

Your intellectual role model: _____

Your role model who's great at their job: _____

Your parenting role model: _____

Why is it important to have role models? List five reasons.

1. _____
2. _____
3. _____
4. _____
5. _____

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What will you do to become a role model? List 3 things you can do in the next month.

1. _____
2. _____
3. _____

How will you avoid negative role models?

1. _____
2. _____
3. _____
4. _____
5. _____

What kind of role model are you? Answer the following questions to explore your potential for being a role model.

1. How effective am I at building rapport with others? _____

   _____

   _____

2. When I'm part of a team, how do I relate to the others I am working with?

   _____

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_____

_____

_____

3. How open am I to learning from others and giving them credit for their contributions? _____

_____

_____

4. When it comes to encouraging cooperation, how do I do? _____

_____

_____

5. Do I reflect on my personal, social, and work-related actions often? Why or why not? _____

_____

_____

6. What kind of attitude do I have most days? _____

_____

How would your life change if you became a role model for others? Think about what blessings you would enjoy.

_____

_____

_____

_____

"I recognize that I have a unique position to be a role model to young girls because I am doing something that they consider glamorous, which is acting, and yet I took a time to really get my education and study mathematics, and I think math is the cat's meow."

~Danica McKellar

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