

Role Models Worksheet

One of the best ways to improve yourself is to have valuable role models you can look up to, learn from, and be inspired by.

This worksheet will have you first choose 5 different traits or characteristics you want to improve on.

Common traits you can choose include: Confidence, Kindness, Intelligence, Motivation, Optimism, Creativity, Humor, Friendliness, Resilience, Leadership, Fitness, Adventurousness, Compassion, etc.

Choose traits that best fit your current goals and aspirations – the list above is just to give you ideas.

For each trait, you will then make a list of different role models who you think best embody this trait. Give yourself time to really reflect and think about each one.

Role models can be family, friends, parents, teachers, loved ones, or people you know in your personal life. It can also include famous people, scientists, musicians, artists, historical figures, or even fictional characters from books, movies, and TV shows.

Lastly you'll be asked to choose just one role model for each trait and reflect on why you think they embody that trait so well. This will give you an opportunity to picture what that trait looks like in the real world and how you can embrace it more in your own life.

Continue to the next page to begin the exercise.

Trait #1: _____

Identify between 5-7 role models that embody this trait.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now choose one role model from above and give a short description on why they embody this trait so well.

Trait #2: _____

Identify between 5-7 role models that embody this trait.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now choose one role model from above and give a short description on why they embody this trait so well.

Trait #3: _____

Identify between 5-7 role models that embody this trait.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now choose one role model from above and give a short description on why they embody this trait so well.

Trait #4: _____

Identify between 5-7 role models that embody this trait.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now choose one role model from above and give a short description on why they embody this trait so well.

Trait #5: _____

Identify between 5-7 role models that embody this trait.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now choose one role model from above and give a short description on why they embody this trait so well.

Congratulations! You've completed the worksheet.

Keep in mind this is a good exercise to revisit when you need an extra boost of motivation and inspiration.

Feel free to add new role models as you come across them. Always be on the lookout for new people who drive you to want to be a better person. Feed off their energy and channel it into your own life.

You can also dive deeper into each role model by asking them questions, reaching out to them for guidance, or doing research on them. For example:

- Create a list of your favorite quotes
- Collect inspiring images, videos, or articles
- Read biographies to learn more about them
- Watch documentaries and interviews

The more you learn about your role models, the more you'll be able to relate to them and understand their mindset. You'll also find that they aren't "perfect," they often make mistakes and have flaws just like you and me.

One helpful exercise is to occasionally view your problems from their perspective. Ask yourself "What would ____ do in this situation?" and you'll often find answers you didn't previously think of.

There's no need to reinvent the wheel. Learn from people who are already more experienced, skilled, or knowledgeable in a specific area in your life and borrow from them.

This mindset is essential to all self-improvement.