

WHO HAVE I COME HERE TO BE EXERCISE

Step One: Make a short list of individuals—personal heroes or persons you admire. They could be living or dead, historical or fictional. Each must possess qualities that you value or attributes you wish for yourself.

Step Two: Beside each person, briefly list the qualities or attributes you admire in them. The quality answers why this person is on your list. For example, if one of your heroes is Superman, beside his name you might list strength, champion, etc. Use one word or two word phrases to identify the attribute or quality, e.g. compassionate, faith filled, trustworthy, etc.

	Name	Attributes & Qualities		
1)				
2)				
3)				
4)				
5)				
6)				
7)				

Step Three: Circle up to seven themes you notice in the Attribute & Qualities column. For instance: You may have the word compassion listed several times. Compassion represents a theme. Place up to seven themes representative of your list in the space provided below.

1) _____ 2) _____

3) _____ 4) _____

5) _____ 6) _____

7) _____