

Whom Do You Admire Activity & Reflection

This activity will expose personal values in people you admire. The qualities we admire in others are what we want more of in ourselves. Through admiration, our own personal values are revealed.

Whom Do You Admire?

WHAT: The people we admire have qualities we aspire to. These people can be dead, alive, close, or distant people you have come in contact with. How someone carries themselves, their ability to remain cool or humorous in tense situations, or their athletic prowess can all be admirable qualities. What do they have that you want?

WHY: These qualities shed light on what we value or want more of in our lives.

HOW: Time to relish in all those you have admiration for.

TOOLS: Paper/writing utensil, computer or tablet. A comfortable space.

TASK:

- Thinking about people you admire can take place anywhere—in the shower, on a bike, while cooking, on the subway, walking, or in a waiting room.
- List those individuals you admire, past or present.
- Below their names, list all the qualities those people possess.
- Review your list of values for synergies. Refine your values list by adding these ideals.

TIME: One hour.

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Reflection Activity

WHAT: You possess these admired qualities. When and how could you express these admired qualities more? In the space below, answer the reflection questions.
