

# Pondering Point

Role Models are important. They can help to shape our decisions and encourage us to be a better person. They possess skills and attitudes in certain capacities that inspire us. Sometimes we have role models in our lives and may not even realize it.

Picture someone (or more than one person) that has helped to shape the person you are today.

Think about some of the skills you want to develop and how you can learn from your role model to make improvements in those areas.

Now, think about whom may consider YOU a role model...

## Who do you consider your role model and why?



*What qualities do they have that make them your role model?*

*How has your role model influenced the development of your positive traits and skills?*

**Imagine... realizing the role you play in other people's lives.**

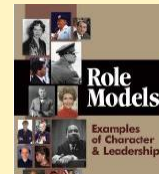
### — From Pondering to Practice —

#### Activity

- Make a list of the competencies and behaviors you consider your areas of strength.
- Ask those close to you to write a list of values and behaviors they see in you.
- Compare that list to yours. Are there any gaps or surprises?
- Did you discover something new about the way others see you?
- Consider what you can do with this new knowledge.

**This exercise will help you realize how you model to others.**

#### Recommended Reading



#### [Role Models: Examples of Character and Leadership](#)

by Joseph M. Hoedel, Ph.D

The author highlights 17 individuals who each exemplify a different character trait including: perseverance, honesty, respect, attitude, integrity, courage and tolerance to name a few. This book offers a mix of historical figures that have stood the test of time like Amelia Earhart, Booker T. Washington and Helen Keller, as well as contemporary figures that are worthy of our admiration, such as Tiger Woods, Christopher Reeve and Oprah Winfrey.

***"Lives of great men all remind us we can make our lives sublime; and, departing, leave behind us footprints on the sands of time."***

*- Henry Wadsworth Longfellow*