

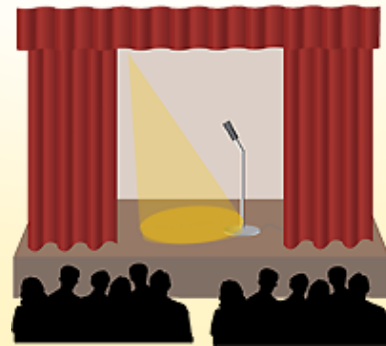
Pondering Point

To some of us, knowing that others look to us as a role model may seem overwhelming and unwelcoming.. **We may say things like, "I never asked to be a role model."** The truth is it doesn't matter what we ask for, people watch and copy our moves at some point. They look to us to provide clues on how to behave and what decisions to make about certain things. Should we care what people think? If so, would it change our actions or would they stay the same? Many of us may alter our actions if we know that we are being watched.

Many of us don't realize that we may be influencing another person's world. They may never tell us and we may never grasp how much they depend on us to light their path. **What is the difference between being an *inadvertent* role model and an *intentional* one?** We role model naturally by what we do and who we are consistently. The choice is ours to make our impact a positive and sustaining one. Is there such a thing as an intrinsic/altruistic motivation? How do we intentionally role model and keep it genuine? What is the benefit to caring about being a positive role model? Would it help others to grow and learn from me and my mistakes? If we don't think of being a role model as scary we can think of it as an opportunity; an opportunity to celebrate the best of ourselves on display for others!

Who are you a role model to and how?

We all play different roles in life and some are more important than we think.



Imagine... realizing that the most important role you play is ROLE MODEL.

— From Pondering to Practice —

Activity:

Group Discussion: What is a "role"?

If we think of a role as something we play on stage – have a group discussion around the following questions:

- *Who is in our audience watching us?*
- *Are we playing on stage alone or with others?*
- *How do we psych ourselves up for the role we are about to play?*
- *Are we genuine in our actions?*

Try This – The Little Things...

As a group, make a list of some practical "little" actions you can do to be a *positive* role model.

- As a neighbor?
- As an employee?
- As a spouse/parent/family member?

Reflection:

- *Do my values come out in what I do?*
- *Am I inconsistent?*
- *Do I view myself as a positive role model?*
- *Who might I be a role model to and how?*

Have you ever had someone approach you and explain the influence you had on them?

- *How did that make you feel?*

Take time to celebrate this within yourself and find someone to celebrate this aloud!

"Each person must live their life as a model for others."

- Rosa Parks

The Charmm'd Foundation would like to thank **Nann Blaine Hilyard, Library Director at the Zion-Benton Public Library** for pondering with us this week!