

My Role Models

Who

Why

What

Polarity (+/-/=)

1. Cross out the negatives.
2. Are the + and = consistent with your end goal?
3. Are they helping you building empowering beliefs?
4. Highlight those who are supportive, delete the neutrals.
5. Use the "My NEW Role Model" resource to map out the models that you want to follow. Build a connection with them.
6. Reassess after 30 days.