

Role Models. Sometimes it may be tempting to see others who have similar character strengths as competitors. However, they are really your best resource. The people you admire can help you improve yourself. Who do you know who has similar character strengths to your own? Choose one of your top 5 VIA character strengths and write down the name of at least one person you admire for this characteristic. Next, think about the times that you have been impressed or inspired by his/her use of this strength. Describe one particular incident when you were impressed by his/her actions. What did he/she do? When did he/she do it? Try to be specific. Then, how may you adapt that person's approach so that it fits your personality and your circumstances? Think of a situation coming up in the near future when you could adopt a similar strategy? Write down at least one specific time when this would be possible.

Strength area ____: _____

Name of role model: _____

Context: _____

Actions: _____

Adaptation for you: _____

Future application: _____
