

Role Models: Identifying Your Values and What's Important

We are all motivated and inspired by different things in life and in different ways. By looking at role models, we can become in tune with what motivates us and what inspires us to get up in the morning.

This is a way of looking at what is most important to us which helps when it comes to the world of work. In this essence, we are looking at getting more of what we want in life and less of what we don't want.

Activity

Think about who is a role model for you.

Write down:

- Why you admire them?
- What qualities and skills do they have?
- What have they achieved?
- What do they do for work?

If you don't have a specific role model, write about what your imaginary role model would be like.

Now think about how similar are they to you?

How different are they to you? Are these things that you aspire to?