

## My Hero.

If you could be anyone, anyone at all. Who would you be?

Do you have a Role Model(s)? Who is it? Are they a celebrity, a friend or family member?

List who your Role Models, Idols are?

Have a real think & complete a Mind Map below or on a separate sheet as to why you look up to them & put them on a pedestal?

Now complete a similar Mind Map but on yourself & compare the two, highlight above your role model's traits (qualities, characteristics) that you would love to have.

Now list the traits (qualities, characteristics) you have in common with your Role Model.

So you may have compared yourself to a celebrity & want to look like them but these celebrities don't even look like themselves with Photoshop tricky etc.

[View the video – 'Idol – Stay Beautiful Ugly'](#)

It is okay to have inspirations but idolising people is unhealthy especially when you're idolising someone who doesn't even look like that themselves.

So now, what traits from your Role Model would you still like to have? Have they changed? If you still want them then can you make a positive step to achieve them? List the Role Models traits now that you would love to have.

### Self-Target Time

Pick at least one from the list above; & list what steps or targets you could set yourself to get up on that pedestal alongside your hero.

Trait: .....

1.

2.

3.

Trait: .....

1.

2.

3.

*"So not all Role Models know that someone looks up to them, does yours? You have chosen your Role Model(s) for many reasons. You may have even changed your view of your Role Model. However have you thought that YOU could be a Role Model to someone else! You have many strengths in your character that others could admire & strive to be like/have. Ask your school friends what they think your strengths are & why they like you, & just remember that your daily actions & decisions could be empowering others"*

