

Role-Model Revisiting Day **Date** _____

This exercise is about taking a moment to look back and explore who has been a role-model of yours and what they have role-modeled to you. It is also about re-examining who you want now as role-models in your current life and what you want to let go of and release or opt-out of and what you want to keep from these role-models at this point in time.

| <u>Examples:</u> | <u>Let Go</u> | <u>Keep</u> |
|-------------------------|---------------------------------|--|
| Mom | Fear of speaking up | Trust in the independence of others/her kids |
| Dad | Fear of not having enough money | Love of dancing |

The first step is to decide what Role-Models you are revisiting (or who has influenced you such that you follow their actions or values or intentions or way of living). These choices can be when you knowingly chose to use these people as role-models or maybe it has just come as a given and is automatic and you never consciously chose the ideas or habits that you have taken on from your role-models. The second step is to decide what you want to let go of from their example and the third step is to decide what you want to keep from their example.

Role-Models I am revisiting are **Let Go** **Keep**

Step four is about asking "Do I have additional or new role-models at this point in my life?"

My Additional or New Role-Models are

Step five is about defining your unique chosen way of living your life at this moment.

My Way is