

FIND SOMEONE YOU LOOK UP TO

On your way to becoming who you want to be, look for a role model that you can follow. It could be a classmate, a friend, a family member, or even your teacher. If you want to become a better sports player, you might ask someone who is really good at soccer to practice with you. They will be able to give you pointers and help you. Or, let's say you want to improve your reading skills. You could practice reading with your older brother or sister, or perhaps ask your teacher to help. The key is to find someone who is really good at what you're trying to do, and learn from them.



What does it mean to find someone that you look up to?
Why is it important?
How do you think it could help you?

EXERCISE 1

Can you think of someone you look up to? (It could be a family member, friend, or someone you don't know)

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What do you admire most about them?

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EXERCISE 2

What is something you want to become better at?

Do you know anyone who is really good at it already? If so, who?

What are some ways you think they could help you?

EXERCISE 3

Think of something that you would like to achieve this year. It could be getting an A on a test for a particular subject, becoming better at something (i.e sports, dance, art, etc.). Write down what you would like to achieve below: When you have finished writing what you would like to achieve, cut it out and put it somewhere you will see it every day, such as on your desk, locker, or notebook cover.

