

# Heroes Exercise Worksheet

Be sure to watch the accompanying video at <http://startfromtheheart.com/heroes>

- Write down people you admire and the qualities about them that you
- They can be celebrities, historical figures, friends and family, or fictional characters
- Go for at least 3 people and about 2-3 qualities per person
- Ignore the third column for now

Person	Quality	

When you're done, go back and continue watching the video.

What could you do to live these qualities more?

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