**Motivation Worksheet - Role Models**

*Write down who your role models are and the aspects that make them someone you admire. This can reveal to yourself the things you value and would like to have in your life if you don’t already. The third column encourages coming up with ways you can implement and work on the things you want but may not know how to get.*

| **Your Role Models** | **Positive Attributes of Role Models** | **Applying The Attributes To Your Life** |
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