

respected figures exercise

In the first column please write down at least two and up to five people who you deeply respect for the way they have led their lives. You don't have to respect everything about them, but in one or more significant ways you admire how they have lived. These people could be living or dead, famous or not famous, known to you personally or simply heard about. Then in the second column, write down the qualities they have or had that you respected. What was it about them that you admired? Then look for qualities or clusters of qualities that stand out. They may stand out simply because you know inside that this quality is of great importance to you, or the quality may stand out because it is repeated – possibly with slightly different descriptions – for a number of the people who you respect. Write down up to three such qualities in the third column. If you're not being overly idealistic, these qualities are likely to represent *Root* values which it's crucially important for you to try to live by.

<i>who do you deeply respect for the way they have led their life?</i>	<i>what are the qualities this person has that you particularly respect?</i>	<i>from the list in the second column, what qualities or clusters of qualities stand out?</i>
1.)		a.)
2.)		b.)
3.)		
4.)		c.)
5.)		