

What is Most Important?

The first step in creating habits that serve you is to identify your priorities.

Complete these two activities to help you decide what is most important to you and what type of person you want to become.

- Write the names of 3 people who inspire you in the boxes below. These heroes can be real or from a book or movie, someone you know or a person you have never met.
- Next, for each person write five traits or things that make them special.
- Finally, circle the 3 qualities you think are the most important.

Now that you know the things you value, write your "I am" statement. For example:
I am a teacher who... I am a leader that shows... I am a believer in... I am the very best...
I am someone who shows up daily for...

I am...

Write it big and post it. Read it daily. Say it out loud.
Make it your mantra and prove it to be true.



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