

Boosting Your Confidence by Becoming a Positive Role Model

What to Know

Positive role models show others how to live with integrity, optimism, hope, determination, and compassion, and they might be parents, other family members, coaches, teachers, civic leaders, clergy, peers, or ordinary people encountered in everyday life. They often don't have fancy titles, fame, or lots of money. Anyone can inspire others to believe in themselves and achieve their potential in life.

The top five qualities of positive role models are listed below.

- 1. Passion and the ability to inspire.** Role models are passionate about what they do and have the capacity to affect others with their enthusiasm.
- 2. Clear values.** Role models live their values in the world, and they act in ways that support their beliefs.
- 3. Commitment to others.** Positive role models are *other-focused* instead of being *self-focused*. They often freely give their time and talents to benefit others.
- 4. Selflessness and acceptance.** Selflessness and acceptance of others who are different from them are also common traits.
- 5. Overcome challenges and obstacles.** Positive role models don't give up - their success can often be measured by the challenges they have overcome.

What are some other qualities that positive role models demonstrate? Write them down.

Research shows a connection between having positive role models and self-efficacy, increased community involvement, and the ability to believe in yourself. Believing in yourself boosts your confidence and self-esteem! In addition, role models can play an important part in inspiring learning, overcoming challenges, and living in alignment with values.

What to Do

Whatever inspires you about your role models, this exercise will help you think about who you would like to be and what you'd like to aspire to by considering the traits you admire in others. Answer the following questions.

Who do you look up to for inspiration and guidance? Who do you admire and respect? They can be real people, living or dead, people you know (or don't know!), or from a film or book. Write down three people.

1. _____

2. _____

3. _____

Who has been most influential in your life over the past year? How have they impacted your life?

What do you most admire about your role models? What can you learn from them? Be specific.

Which of your role models' positive qualities would you like to have?

What can you do to bring these qualities into your everyday life? Think about how you can adopt what your role models do to fit you and your life.

In what ways are YOU a role model for others?

What are you passionate about? How can you inspire others or share your enthusiasm?

Do you make choices and act in ways that support your values and beliefs? Why or why not?

In what ways can you be other-focused instead of self-focused?

Describe one challenge or obstacle you have overcome. How has this made you stronger? What did you learn from this experience?

What ONE thing can you do to be a positive role model for others?

Who can help you? _____

Now, over the next month, try to do this ONE thing every day. Use the chart to document your experience. Write down the date, what you did, who was involved, and write about your experience (thoughts, feelings, and so on).

Date	What did you do?	Who was involved?	Note your experience

