**Heroines and Heroes Exercise** Re: Values and Qualities in ourselves

In preparation for our May 15th webinar, you may want to do a version of the Heroes and Heroines exercise described in Ayse Birsel's workbook Design the Life You Love.

Here is a summary for those who don't have her workbook:  
1. Write out your top 5 heroines/heroes names (people from your own life, characters from books, figures from history, etc.)  
2. Next to each name write out the values and qualities that make that person or character a hero/heroine of yours  
3. Cross out each of the heroes/heroines names and replace it with yours  
4. Consider the truth that what you admire in your heroes/heroines are traits that you have (whether you recognize them or not in yourself, or whether they are fully maturely expressed or not),  
5. Next to each value or quality, write down goals that may help you achieve or incorporate those values/qualities in your life now and in the future. No goal is too small or incremental. Be realistic and yet also be bold.

If you think this is all pie in the sky, please note that it is actually a quite practical way to energize real action. For example, the W.A.C. idea and this prototype program was born for me out of this very Heroes and Heroines exercise. It has also underpinned my commitment to a healthier lifestyle in 2017, and the writing of my eventual 'big book of practices' by 2018. So it works! And is a useful exercise to complete periodically to continue to course adjust as life evolves.