

Q Card Worksheet

Step One: Make a short list of individuals—personal heroes or persons you admire. They could be living or dead, historical or fictional. Each must possess qualities that you value or attributes you wish for yourself.

Step Two: Beside each person, briefly list the qualities you admire in them. The quality answers why this person is on your list. For example, if one of your heroes is Superman, beside his name you might list *strong, courageous*, etc. Use one word or two word phrases to identify the attribute or quality, e.g. *compassionate, faith filled, trustworthy*, etc.

Names	Qualities		

Step Three: Circle up to six themes you notice in the Qualities column. For instance: You may have the word *compassionate* listed several times. *Compassionate* represents a theme. You may have the words *kind, sweet, and caring* and decide they could all be represented by the theme “*kind*.” Place up to six themes representative of your list on a 3X5 card. Put “This is who I have come here to be” on the top line. Review the list and use the qualities to help make your interactions with people easier.