

# EXERCISE

## FINDING QUALITIES

things that are authentic, real, and honest are becoming the most attractive and treasured aspects of life because they have somehow grown scarce.

WHICH THREE PEOPLE, LIVING OR NOT, DO YOU ADMIRE? YOU MAY HAVE KNOWN THEM PERSONALLY OR KNOWN OF THEM.

1  
IMAGINE

PLACE THE NAME OF EACH PERSON ON ONE OF THE LINES BELOW.

2  
WRITE

BY EACH NAME, LIST OUT THE WORDS OR PHRASES THAT DESCRIBE THE TRAITS THAT DRAW YOUR ATTENTION AND ADMIRATION TO THIS PERSON.

3  
DESCRIBE

PERSON

1

PERSON

2

PERSON

3

FIND YOUR  
**TRUTH**  
& LIVE IT.

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