



Hero Preparation

Name: _____
Date: _____

Directions: Fill in the blank spaces below.

Part One: Who I Am

My name: _____ Where I was born: _____

A list of my gifts and talents: _____

One way that I have used a gift or talent in an excellent way: _____

One thing I struggle doing well: _____

One dream I have for my life: _____

Some excellent things that I do with my friends: _____

Moments in which I struggle respecting others' human dignity: _____

Moments in which I struggle with non-excellent habits: _____

Part Two: Who I Want to Become

If I was to star as the hero of a novel or a movie, the novel or movie would be about:

I would demonstrate courage by: _____

I would demonstrate patience by: _____

I can demonstrate courage and patience in my life today these ways: _____

I will make an effort to be more kind to, generous to, and patient with: _____

To be excellent with regards to **my body**, I will develop this good habit and avoid this bad habit:

1. _____.

2. _____.

To be excellent with regards to **my whole person**, I will develop this good habit and avoid this bad habit:

1. _____.

2. _____.

To be excellent with regards to **those around me**, I will develop this good habit and avoid this bad habit:

1. _____.

2. _____.

Two ways that I will contribute to excellence in my community and society:

1. _____.

2. _____.