

How can you be a healthy role model?

Positive role models are important because they set examples for people to observe positive behaviors from. As people increase positive behaviors, they also increase their feelings of self-worth, can help people build positive values, and teach them to set goals. So, what leadership qualities would make you an effective role model who can bring about positive change?

What leadership qualities are important to me?

- 1) _____
- 2) _____
- 3) _____
- 4) _____



Why are these qualities important to me?

As a healthy role model, it is important to me that I: (I.e., What way should you act? What language is okay?)

- _____
- _____
- _____
- _____

How I can be a healthy role model to others in my life:
