

CHARACTERISTIC DEVELOPMENT EXERCISE

ONCE YOU HAVE IDENTIFIED A PARTICULAR CHARACTER QUALITY THAT YOU WOULD LIKE TO DEVELOP THIS EXERCISE MIGHT HELP.

1. Ask yourself, “Who do I know that embodies that particular characteristic?”
2. What makes that person so _____ ?
3. What aspect of that could I try?
4. What next?
5. When will I try it?
6. What are the obstacles to my trying that?

Example: “I don’t think I am a very interesting person. I would like to be more interesting!”

1. Who do I know that is interesting? Well, I know _____ .
2. What makes that person so interesting? Well, they seem to read a lot and try to introduce what they are learning into conversations.
3. What aspect of that could I try? Well, I think I could do more reading. I could try to introduce something I am learning into a conversation.
4. What next? Well, I think I could try to take initiative in conversation instead of always waiting to be asked a question.
5. When will I try it? I’ll do it this Friday when I go out with my friends.
6. What are the obstacles to my trying it? I need to find time for some reading before then.

Another Approach – Imagining and Acting “As if”

1. Imagine that you are a person who embodies the characteristic you desire.
2. Imagine yourself acting like that person.
3. What does it look like?
4. What does it feel like?
5. What can you hear people saying about you?
6. What are you saying to yourself?
7. Now, go and try that for a set period of time. Act “as if” you did embody that character quality.