



# SCRIPT YOUR SHIFT

## 5 PEOPLE YOU SURROUND YOURSELF WITH FOR INSPIRATION

CELEBRITY

CELEBRITY

CELEBRITY

MENTOR

COMPETITOR

NAME

DESCRIPTION

ADJECTIVE 1:  
Do I demonstrate this character trait? How?

ADJECTIVE 2:  
Do I demonstrate this character trait? How?

ADJECTIVE 3:  
Do I demonstrate this character trait? How?

**ABOUT THIS PROCESS:** Write the names of three celebrities (entertainment, political, business, spiritual, sports, etc) who you admire, one mentor (or close friend) you value, and one respected competitor (someone doing what you do or want to do).

Briefly describe the people you chose. What words would you use to tell a friend about them? Brainstorm a list of words to describe that person—adjectives. Give yourself 3-5 minutes for this.

Choose three words to describe them that most make you feel interested to know these people exist in this world.

**CELEBRITY:** easily express aspects that you love, choose to love, the core of what you choose to love (and what you love about yourself) ... share the essence of who you are, how you want to be seen in the world and what/who you choose to be.

**MENTOR:** how you teach; how you come across; attributes come up in testimonials and talk summaries, such as, "holds me accountable, says it like it is in a kind way."

**ADMIRED COMPETITOR:** how you want to come across, how you want to be seen.

The essence of who you are is who you choose to be. How you choose to emerge. Like dandelions in a sea of grasses, these are the blooms that release the seeds of who you are and who you will become.