

## HEROES EXERCISE

<b>CATAGORIES OF HEROES</b>	<b>NAMES OF HEROES WHO ENERGIZED/INSPIRED YOU</b>	<b>CHARACTERISTICS OF HEROES WHO ENERGIZED/INSPIRED YOU</b>
<p><b>CURRENT:</b> People from your school life, community, work experiences, sports, the military, the arts, politics, your own family, etc.</p>		
<p><b>HISTORICAL:</b> People who have died from ancient, distant cultures up to more recent, even close settings....e.g. Aristotle, Charlemagne, Jesus, Joan of Arc, a specific king or queen, Shakespeare, Clara Barton, Thomas Jefferson, Monet, Leonard Bernstein, Mother Teresa, etc.</p>		
<p><b>FICTIONAL:</b> Characters from childhood stories, novels, movies, cartoons, TV, e.g. Cinderella, Princess and the Pea, Pinocchio, Anne of Green Gables, Spider Man, Dr. Spock, Superman, etc.</p>		