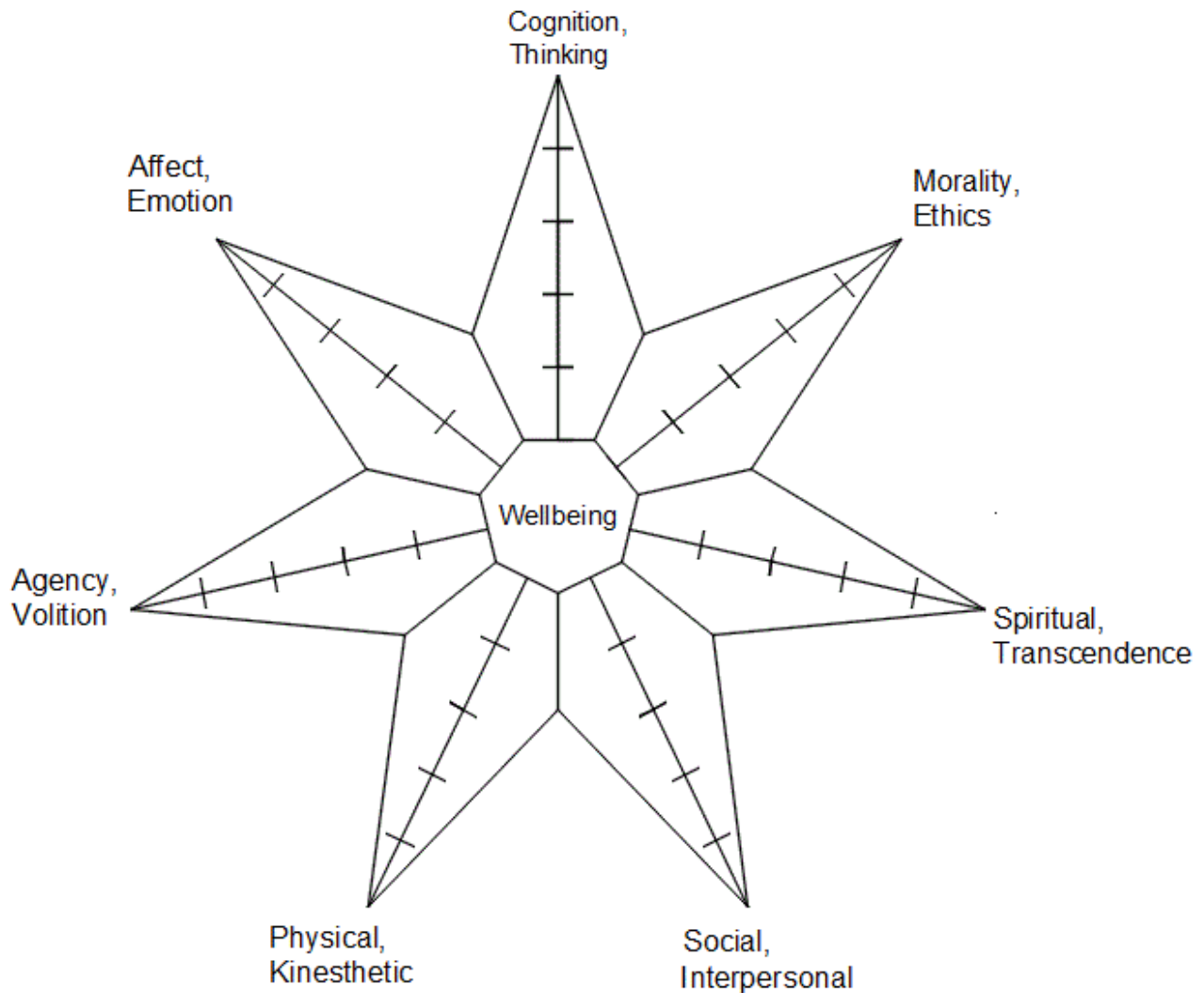


BECOMING A BRILLIANT STAR

Striving For Excellence

The graphic shown below represents seven human dimensions in which one can strive for excellence. Decide where you are now and place a mark on each line. Connect the lines (dipping towards the center) so that you make a star representing where you are now. The terms provided on the back will help you identify where you are now and areas on which you might want to concentrate. Do the same for where you would like to be in each of these areas in 2-5 years. Fill the center (Wellbeing) with a color that matches your sense of how well your life is going. Then select one or two areas for concentrated attention.



BECOMING A BRILLIANT STAR

Striving For Excellence

DIMENSIONS	EXCELLENT/ MAGNIFICENT	ADEQUATE/ MAINTAINING	DECLINING/ SUBSTANDARD
COGNITION/ THINKING	Scholarly Wise Brilliant	Knowledgeable Intelligent Discerning	Uninterested Ignorant Dull
AFFECT/ EMOTION	Optimistic Enthusiastic Patient Confident Grateful High Self-efficacy	Skeptical Responsive Tolerant Encouraged Indebted Uncertain	Pessimistic Apathetic Impatient Insecure Unappreciative Self-doubt
AGENCY/ VOLITION	Accountable Courageous Determined Goal-oriented Self-regulated Striving	Somewhat Dependable Compliant Agreeable Cost-oriented Other-regulated Vacillating	Undependable Timid Hesitant Non-focused Non-regulated Stopping
PHYSICAL/ KINESTHETIC	Excellent Physical Health Exercise Regularly Excellent Eating Habits No Intentional Physically Painful Actions No Use of Toxic Substances	Acceptable Physical Health Exercise Irregularly Fluctuating Eating Habits Some Intentional Physically Painful Actions Some Use of Toxic Substances	Deteriorating Physical Health Seldom Exercise Poor Eating Habits Regular Intentional Physically Painful Actions Regular No Use of Toxic Substances
SOCIAL/ INTERPERSONAL	Dedicated Courteous Faithful Respectful	Attached Civil Reliant Polite	Uncommitted Rude Unfaithful Insolent
SPIRITUAL/ TRANSCENDENCE	Deeply Connected Strong Sense of Purpose Meaningful Life	Somewhat Connected Fluctuating Sense of Purpose Somewhat Meaningful Life	Unconnected No Sense of Purpose Unmeaningful Life
MORALITY ETHICS	Honest Responsible Trustworthy	Fluctuating Honesty Somewhat Responsible Somewhat Trustworthy	Dishonest Irresponsible Untrustworthy
WELLBEING	Flourishing Thriving Growth	Maintaining Sustaining Stability	Diminishing Weakening Decline

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Available at: <http://www.edpsycinteractive.org/brilstar/brlstr07.pdf>