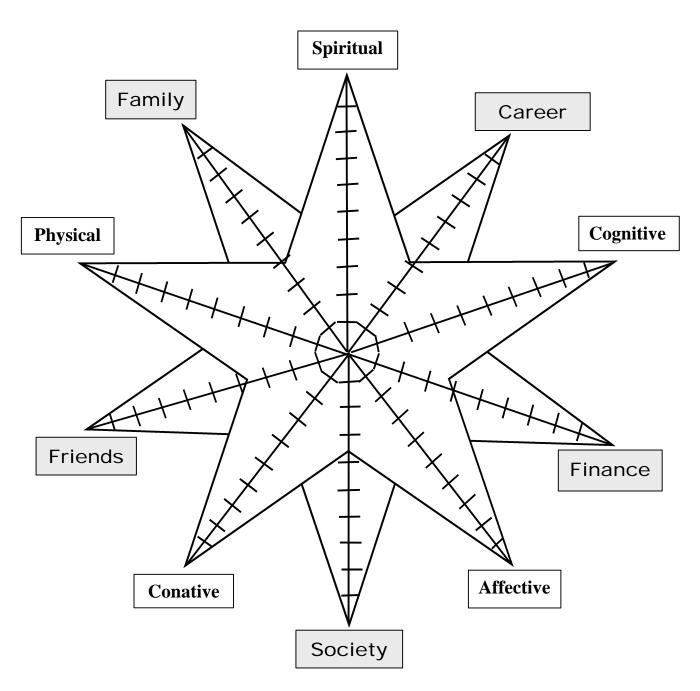
BECOMING A BRILLIANT STAR Striving For Excellence

The graphic shown below represents ten areas of life in which one can strive for excellence. Five represent more internal or personal areas (spiritual, thinking, feeling, committing, and doing) and five represent more external or public areas (family, career, financial independence, friends, and society). 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 what area you might want to concentrate on. Do the same for where you would like to be in each of these areas in 2-5 years. Then select one or two areas for concentrated attention.



BECOMING A BRILLIANT STAR Striving For Excellence EXCELLENT/ ADEOUATE/ SUBSTANDARD/ **DIMENSIONS MAGNIFICENT MEDIOCRE INFERIOR Persevering Fluctuating** Quitting **GENERAL Persisting** Vacillating **Stopping Striving Oscillating Abandoning** Believer **Faithless Disciple SPIRITUAL Devout** Accepting **Profane** Wise Knowledgeable **Ignorant THINKING Intelligent Dull Brilliant Optimistic Skeptical** Pessimistic Enthusiastic Responsive **Apathetic** Tolerant **FEELING Patient Impatient Confident Encouraging** Insecure **Self-doubt Self-efficacy** Uncertainty Courageous **Compliant Timid Determined Agreeable** Hesitant **COMMITTING Goal-oriented Cost-oriented** Non-focused **Self-regulated** Other-regulated Non-regulated Vigorous Well Sick **DOING Robust** Feeble **Healthy Dedicated** Attached **Uncommitted Trustworthy** Accountable Unreliable **FAMILY Courteous** Civil Rude **FRIENDS Faithful** Reliant Unfaithful Respectful **Polite Insolent Highly CAREER** Successful **Failure** Competent **Financially Pay Check FINANCIAL Poverty Independent** To Pay Check Transcendent **Socially-minded Prideful** SOCIETY **Humble Servant Good Citizen Self-centered**

Sources for dimensions of the Brilliant Star: Waitley, D. (1986). <u>The twelve best-kept secrets of success</u>. New York: Bantam; Ziglar, Z. (1992). <u>The wheel of life</u>. Charlotte, NC: Internet Services Corp.

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