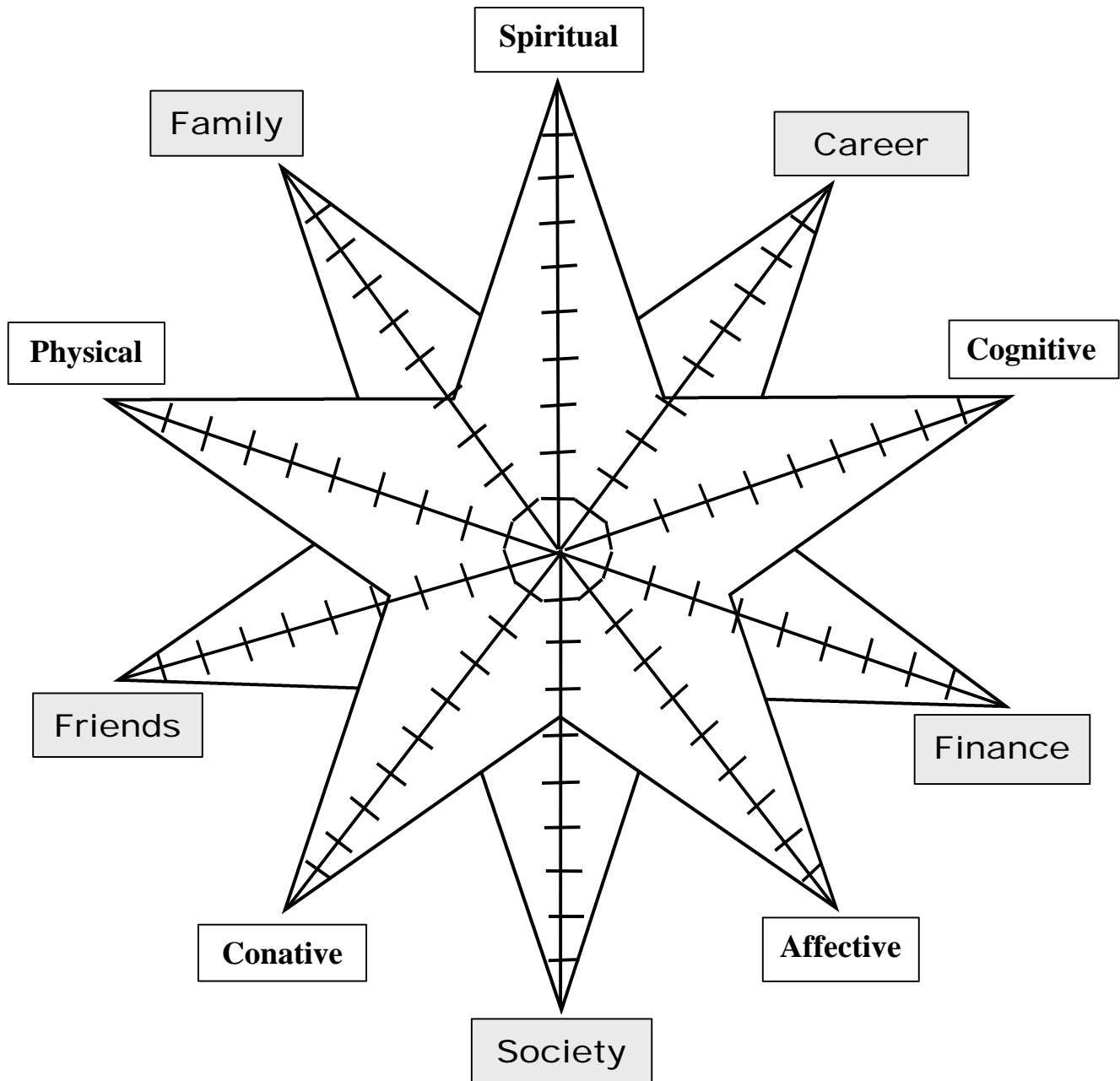


BECOMING A BRILLIANT STAR Striving For Excellence

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

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

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

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