Worksheet 9: The Hero Swap

Use on: Day 22 **Time:** 25 min **Mechanic:** swap **You'll need:** a pen, 5 small slips of paper or sticky notes

Why this exists: The ground is cleared. Leave it bare and the old weeds grow back in a new shape. This page is about what you plant. You'll start with people you already admire, because what you admire in them is usually what's waiting in you.

Part 1: The swap

1. Write the names of 3–5 people you admire on separate slips. They can be alive or dead, famous or not.
2. In the boxes below, write one or two words for what you admire in each person.
3. Put each name slip on top of its box.
4. Take the slips off one at a time. Each time, write **your own name** on the line where theirs was.
5. Throw the slips away.

Name

_____

what I admire:

_____

_____

Name

_____

what I admire:

_____

_____

Name

_____

what I admire:

_____

_____

Name

_____

what I admire:

_____

_____

Name

_____

what I admire:

_____

_____

Now read it out loud: "**[Your name]** is _____, _____, _____."

Part 2: Now / Next / Becoming

Three arrows, and all three have to point the same way.

	Question	My answer
Becoming	Who am I turning into? (It never ends.)	
Next	What am I aiming for in the next 3 to 12 months? (It has a finish line.)	
Now	What do I do today, and this week, that serves both?	

If "Now" has nothing to do with "Becoming," it's "Now" that has to change.

Part 3: Lighter or emptier?

Write down three things you do every week. After each one, do you usually feel lighter or emptier?

Something I do every week	Lighter / Emptier	Keep / Change

If you have to talk yourself into something every time, it probably isn't yours.

The Line I'm Keeping
