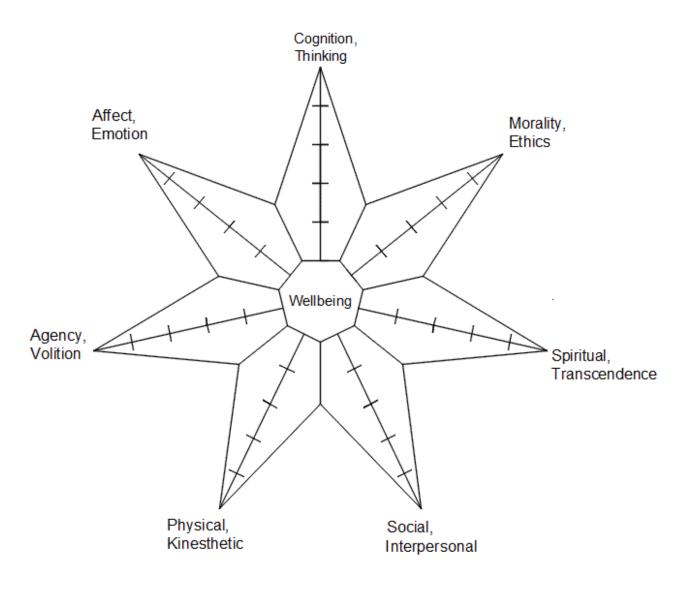
BECOMING A BRILLIANT STAR Striving For Excellence

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

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