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.
<table>
<thead>
<tr>
<th>DIMENSIONS</th>
<th>EXCELLENT/ MAGNIFICENT</th>
<th>ADEQUATE/ MAINTAINING</th>
<th>DECLINING/ SUBSTANDARD</th>
</tr>
</thead>
</table>
| 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 Intentionally Physically Painful Actions  
Some Use of Toxic Substances | Deteriorating Physical Health  
Seldom Exercise  
Poor Eating Habits  
Regular Intentionally 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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