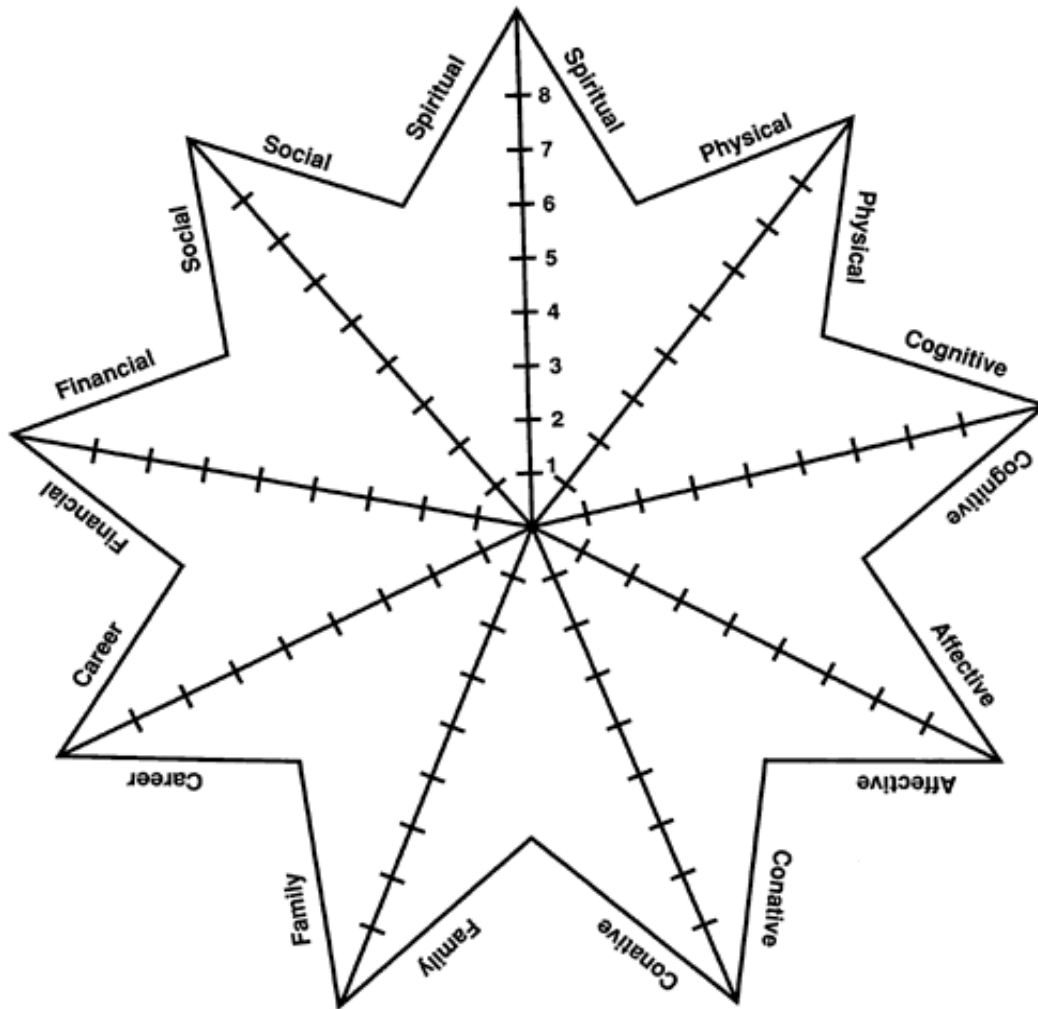


BECOMING A BRILLIANT STAR STRIVING FOR EXCELLENCE

The graphic shown below represents nine domains or areas of life in which one can strive for excellence. Five represent more internal or personal areas (spiritual, physical, cognitive, affective, conative) and four represent more external or public areas (family, career, finances, social). Rate yourself from 1 (substandard) to 9 (magnificent) on each domain and place a mark on the appropriate lines. Use the descriptors on the back of the page to help you make your ratings. Place a mark in the space between each of the domain lines that is smaller than either of the two adjacent ratings. Then connect the marks to see what your star looks like presently. Rate yourself again on where you would like to be in 2 to 5 years. Color each of the different stars so that you can see clearly where you can make some improvement. Select one or two areas that you want to give concentrated attention over the next 6 to 12 months.



Stephen Covey and his colleagues (*First Things First*, 1994) suggest developing a mission statement as one way to think about your priorities. Denis Waitley (*The New Dynamics of Goal Setting*, 1997) advises imagining what your life would be like if time and money were not an object in your life. That is, what would you do next week, next month, etc. if you had all the money and time you desired and were secure that both would be available next year? How do these activities relate to the different domains of the Brilliant Star and to your mission statement?

Now, set some one year goals and some one month goals and write them down. Take some action every day as you work to complete your goals. Make a checklist and hold yourself accountable each day.

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	EXCELLENT/ MAGNIFICENT	ADEQUATE/ MEDIocre	SUBSTANDARD/ INFERIOR
GENERAL	Persevering Persisting Striving	Fluctuating Vacillating Oscillating	Quitting Stopping Abandoning
SPIRITUAL	Disciple Devout	Believe Accept	Faithless Profane
PHYSICAL	Vigorous Robust	Well Healthy	Sick Feeble
COGNITIVE	Wisdom Brilliant	Knowledgeable Intelligent	Ignorant Dull
AFFECTIVE	Optimistic Enthusiastic Patient Self-efficacy	Skeptical Responsive Tolerant Uncertainty	Pessimistic Apathetic Impatient Self-doubt
CONATIVE	Courageous Determined Goal-oriented Self-regulated	Compliant Agreeable Cost-oriented Other-regulated	Timid Hesitant Non-focused Non-regulated
FAMILY	Dedicated Fidelity Responsible Faithful	Attached Suspicious Questionable Ambiguous	Uncommitted Infidelity Unreliable Indifferent
CAREER	Highly Successful	Competent	Failure
FINANCIAL	Financially Independent	Pay Check To Pay Check	Poverty
SOCIAL	Trustworthy Courteous Respectful Transcendent Humble Servant	Uncertain Civil Polite Good Citizen Ambivalent	Dishonest Rude Insolent Self-centered Taker

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Concept and graphic adapted from: Waitley, D. (1986). Seeds of greatness: The twelve best-kept secrets of total success. New York: Pocket Books; Ziglar, Z. (1992). The wheel of life. Charlotte, NC: Internet Services Corp.