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It takes one to know one

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

It takes one to know one

You will need:

- | a piece of paper
- | something to write with
- | to cover up what is written below the stars at first

The purpose of this activity is to explore qualities that we admire in other people.

Action:

Who in the world is a role model for you:

- | someone famous?
- | someone in school?
- | someone at home?

What is it about this person that you admire?

Write this person's name in the middle of a sheet of paper. Then brainstorm all the qualities you see in this person, not what they have or what they do, but what they are like.

For example, if you think of David Beckham focus on his personal merits such as his kindness, generosity and talent, the way he values his family.

What we first see and notice about people tends to be the outer accessories, such as their clothes/cars/good looks/fame and fortune, but in this activity take the time to identify the more inborn, natural qualities you see.

Focus on all the virtues that make this person a role model for you, and write them around the person's name.

It takes one to know one

Have you heard the saying, 'It takes one to know one'? Whatever you admire in your role model is because what you see in them is also in you. You wouldn't notice these qualities in someone else if the qualities weren't also in you.

Now substitute your own name in the centre of the brainstorm, as if you have been describing yourself. Talk with a partner about this, and if you wish, tell the class one quality you have discovered about yourself.