

ADMIRING



Uplift ourselves through admiration.

What it's about; what it does for us...

...Liking the qualities of others; it inspires us to want to be like them.

We feel this when...

...we see other people's good qualities.

It makes us...

...look at and look up to the people we admire, we want to learn from them, try to be like them. It feeds into and is directed by our determination.

STRETCHING
ME QUADRANT

