

## **Be that Person: The person I want to be**

What if you could choose who you want to be? What would that person look like? I wrote the poem below a few years ago when I was trying to affirm different qualities I aspired for. You can try to be all of these things but that may be challenging all at once. So, just start with 5 things you want to practice more in your daily life. I provided an additional template for you to fill them in. Maybe a quality you truly aspire for is not on this list. In that case, write your own! Print it out, paste it on your bathroom mirror or by the side of your bed (where you can see it frequently). Recite it to yourself whenever you get the chance. You'll see how much when you focus your mind on something, you'll begin to see your mind change, then your actions, and then YOU.

Be that person who says "hello" to everyone you meet  
Be that person who starts conversations with the people next to you at the grocery store  
Be that person who is genuinely interested in the well-being of others  
Be that person who listens intently to understand others as they speak  
Be that person who compliments the person next to you; because you were thinking it, just say it  
Be that person who treats everyone with respect regardless of his or her standing  
Be that person who pays close attention to the needs of the people in your surroundings  
Be that person who is always smiling; the one who laughs a lot  
Be that person who never has anything bad to say; always edifies  
Be that person who works hard at everything you do  
Be that person who is sure of every word that comes out of your mouth  
Be that person who has a positive attitude toward everything  
Be that person who takes risks especially when you are not sure of the outcome  
Be that person who is not ashamed to say, "I messed up, I'm sorry"  
Be that person who does not dwell on the past, but only looks forward  
Be that person who does not feel sorry for yourself no matter what you are going through  
Be that person who takes care of your body; exercise, eat right, go to bed on time  
Be that person who does something you love every day  
Be that person who takes time to pray and read every day  
Be that person who dresses modestly; you can't expect them to respect you if you don't respect yourself  
Be that person who is comfortable being you in all situations  
Be that person who is not afraid to think differently and express it  
Be that person who is not afraid to say No even when it is hard  
Be that person who does not compare yourself to someone else; you are an original  
Be that person who believes you can achieve anything you decide to  
Be that person who is secure and confident  
Be that person who understands that you are 'powerful beyond measure'  
Be that person who is patient, kind, does not envy, does not boast, is not proud, does not dishonor others, is not self-seeking, is not easily angered, keeps no record of wrongs, does not delight in evil, but rejoices with the truth. Be that person who always protects, always trusts, always hopes, and always perseveres (1 Corinthians 13:4-7).

## Be that Person Template

Write in your qualities, aspirations, or goals.

Be that person who .....

Be that person who .....