



# Meeting Your Match

*Cracking the code to successful relationships*

## MYM Worksheet 3

### *Your role models*

Take a moment and recall as many people as you can whom you admire. They can be family, friends, celebrities, characters in books or films, people in history – anyone about whom there is something you like or value or some personality trait or attribute to which you aspire

Build a list of at least 10 people, and notice specifically what it is you relate or resonate to most significantly.

1. \_\_\_\_\_

What I relate to/resonate with about this person

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2. \_\_\_\_\_

What I relate to/resonate with about this person

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3. \_\_\_\_\_

What I relate to/resonate with about this person

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4. \_\_\_\_\_

What I relate to/resonate with about this person

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***Jackie Black, Ph.D., Relationship Expert, Author and Coach***

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5. \_\_\_\_\_

What I relate to/resonate with about this person

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6. \_\_\_\_\_

What I relate to/resonate with about this person

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7. \_\_\_\_\_

What I relate to/resonate with about this person

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8. \_\_\_\_\_

What I relate to/resonate with about this person

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9. \_\_\_\_\_

What I relate to/resonate with about this person

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10. \_\_\_\_\_

What I relate to/resonate with about this person

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