Session 5

THE MAGIC OF MENTORS: LEARN AND DRAW INSPIRATION FROM MODELS OF SUCCESS

OBJECTIVES

At the end of this Session, you'll be able to:

• *Describe and discriminate the difference between the concepts of "indirect" and "direct" modeling.*

• *List the three sources where you can find indirect models.*

• *Describe the three sources where you can find direct models.*

• *Analyze and identify the strengths of your role models.*

• *Describe how to demystify models of achievement.*

• *Describe the process of character assimilation (acting "as if") and why it's important to achievement.*

BACKGROUND

People who have achieved what you want to achieve can serve as models of inspiration and learning. In this Session, you'll learn how to identify successful role models with whom you can identify, draw inspiration and learn.

Role models can inspire you with a sense of possibility — "if he or she can do it, then it's possible for me." This sense of possibility is an essential emotional ingredient in developing the power of self-disciple. Role models also shorten your process of learning through trial and error. Through observation and analysis, you can identify and acquire the achievement behaviors exhibited by your role models.

PRACTICE

1. Listen to audio Session 5, "The Magic of Mentors: Learn and Draw Inspiration from Models of Success."

2. As you hear the narrator describe the concepts of indirect and direct modeling, write in the space provided below a description of each.

   <u>Indirect Modeling</u>:

   <u>   </u>

   <u>Direct Modeling</u>:

   <u>   </u>

3. List three sources where you can locate models indirectly.

   1.   <u>   </u>

   2.   <u>   </u>

   3.   <u>   </u>

4. List three sources where you can locate models indirectly.

   1.   <u>   </u>

   2.   <u>   </u>

3. _____

5. The Personal Assessment Form you used in Session 2 to compare your personal strengths and weaknesses against the model of self-discipline can be used as a source of analysis in determining the strengths and weaknesses of the models of achievement you choose to emulate. Below is an adaptation of that form.

MENTOR ASSESSMENT FORM

Name of Model _____

This model inspires me to:_____

_____

Rate the model on the following characteristics:

1. Weak sense of purpose	1 2 3 4 5 6 7	Strong sense of purpose
2. Negative role models	1 2 3 4 5 6 7	Seeks out positive mentors
3. Images of failure	1 2 3 4 5 6 7	Sensory-rich vision
4. Neg. Sensory Orientation	1 2 3 4 5 6 7	Positive sensory orientation
5. Crippling self-doubt	1 2 3 4 5 6 7	Strong belief in self
6. Sense of disorganization	1 2 3 4 5 6 7	Ability to plan, organize
7. Little value on education	1 2 3 4 5 6 7	Acquires learning, skills
8. Impatient – "quick fix"	1 2 3 4 5 6 7	Knows value of patience
9. Gives up easily, quitter	1 2 3 4 5 6 7	Perseverance
10. Work is burden/hardship	1 2 3 4 5 6 7	Work is pleasure/play
11. Work is burden/hardship	1 2 3 4 5 6 7	Work is pleasure/play
12. _____	1 2 3 4 5 6 7	_____
13. _____	1 2 3 4 5 6 7	_____
14. _____	1 2 3 4 5 6 7	_____
15. _____	1 2 3 4 5 6 7	_____

The model's primary strengths are:

_____

The models primary weaknesses are:

_____

I can learn the following skills and positive behaviors from the model:

_____

6. Print and use the Model Assessment Form as a template to identify and profile the strengths and weaknesses of your chosen models, and what you can learn from them. In the blank spaces (characteristics 11 through 15) fill in any characteristics that are not provided for on the form.

7. After you listen to the narrator describe how to demystify models, list the three ways you can learn to identify with models of great achievement.

   1. _____

   2. _____

   3. _____

POINTS TO REMEMBER

- Search for models who have already achieved your purpose. Learn how they achieved their purpose and use what you learned as a blueprint for your own behaviors.

- To acquire a positive characteristic simply role play or act as if you already possessed the characteristic. If you do this consistently, over a period of time, the positive behavior will become a habit that replaces its self-defeating behavioral counterpart.

- You have inherent power no only to equal but to surpass the accomplishments of your role models.

  Your emotional reaction "If he or she did it, then it's possible for me" is one of the master keys to developing your power of self-discipline. This emotion eliminates your self-imposed limitations and barriers. It is the most important realization you must make before you can achieve any worthwhile purpose.

PROGRESS CHECK

1. Write a brief statement about how models of achievement can give you a sense of possibility. Why is this sense of possibility so important to developing the power of self-discipline?

2. Without looking at your notes, describe how you can indirectly and directly find role models.

3. In your own words, describe how you can demystify role models.

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4. Briefly explain why role playing or acting "as if" is an effective way to acquire
    desirable behaviors.

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