

Be Your Own Hero

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Letter to the reader

Did you know there are billions of people in this world, and none are exactly like you? You also are one of a kind and no one will ever be like you. You are unique and special. Therefore, you need to take time to be the best that you can be. Your uniqueness can open doors for you in life and bring you fulfilment and happiness.

This booklet shows you certain things you can do, to help develop your uniqueness so that you really shine out. The booklet simply encourages you to be the 'best you' and to be your own hero.



Chapter 1

Be your **own** Hero



Because you are one of a kind,
special and unique.

You are unique, so do not compare
yourself with others otherwise you
will get lost in the crowd.

Always have a go at things, for it is **in**
the trying that you discover your
special gifts.

Developing the gifts that are unique to you will:

- make you a **blessing** to society.
- create opportunities for you in life.
- lead to your **fulfilment** and **happiness**

So be your own **hero** and be the best you.



Chapter 2

Heroes are thinkers.



Thinking is a wonderful **gift**.

It can take you to **places** where you may not have been.

When you are doing anything or piece of work, **be a hero** by asking yourself:

- Can I do this another **way** that will be better or quicker?
- Can I **add** something new?
- Can I work with my **friends** so each of us can add something new, so we end up with a better product?

So be a hero by always **asking why, what if and how.**



Chapter 3

Heroes take action now



Heroes do not put **off** what they can do today.

Heroes do not allow their feelings to determine the things they do, rather they are guided by the **plans** they put in place.

They do the things which are most **important** although they might be boring and uninteresting.

So be the hero by doing those things you need to do today. Make a **plan** and do the most important first.



Chapter 4

Heroes **Learn** to rise when they fail



Heroes know that failure is an event and that it does not define who they are.

Heroes do not just cast **failures** aside, but they take time to **learn** from them.

Heroes have to learn to never say “I will not try again or “I will not risk it again”.

Heroes are **not quitters**.

It is said that Thomas Edison tried about 10,000 times before perfectly refining the light bulb. He is quoted to have said: ‘I have not failed. I have just found 10,000 ways that do not work’.

So be a hero. **Do not** get off the bus of life at the bus stops of failure but keeping pressing on.



At the Olympic games in Tokyo, Daley and Lee won the 2020 Olympic gold medal in the Men's synchronized 10m platform diving event. However, when Daley was studying for A-levels, his daily schedule shows that hard work is needed for success. He said, "I'm making sure I'm training 10am to midday, and again from 5pm to 8.30pm – but then do my lessons for three hours in between."

So be a **hero**, take time to be your best.



Chapter 6

**Heroes focus on what they have got
and not what they have not got**



Heroes **focus** on the skills they have got and use them to the **full** rather than on what they have not got.

Heroes do not feel **sorry** for themselves or see themselves as victims but face whatever challenges life throw at them.

Mr Franklin D. Roosevelt, the 32nd president of the USA, was **wheelchair-bound** but **governed** America for 4 terms as president.

Heroes allow themselves to be inspired by the success of others rather than be jealous.

Be a hero. **Focus** on the skills that you have got and use them to the full; forget about what you do not have.



Chapter 7

Heroes are people of honesty, excellence, and principles



Heroes treat others with **respect** and **honour**.

Heroes do the **right things** even when no one is watching.

Heroes are always ready to show **gratitude** for everyone who has helped them, taking nothing for granted as their right.

Heroes finish every job to an **excellent** standard without sweeping anything under the carpet.

Heroes are willing to admit when they are wrong.

Heroes show true **interest** in people, have listening **ears** and make others feel important.

Heroes **keep** their words, and they can be depended upon.

Be a hero, do every assignment **well** and treat others with respect and value.

Be a person of your word



Chapter 8

Conclusion - you can do it.

Success does not just happen but requires **personal daily commitment.**

Being the **'best you'** will require some effort and discipline to put some of the things talked about into action.

Yes, you can do it!

Be **your own hero.**

