

Submit Your "My Hero" Story
for *The Living Longer & Living Better™* website
livinglongerlivingbetter.com

Throughout our lives each of us comes in contact with people who have a positive influence on us and serve as inspiration for our own success in making the second half the best half of our lives.

We would like you to have an opportunity to honor an individual who has been a positive role model for you. It could be someone you know personally (family member, school, professional), a historical figure, or a public figure from sports, business, politics, entertainment, etc.

Use this form only for your own reflections. If you wish to refer us to material you have found elsewhere on the web, please use the Contact Us page on the website to send us a note with the link and a brief description.

Submissions are subject to review and become the property of Barbara Miklos & Associates for publication on the website, in books or other media.

Basic information

Your Name _____ you can use my Full Name First Name only

City/State (and Country if outside U.S.) _____

Email address _____

I would like to honor _____ as my LLLB hero

Include full name and title or position if appropriate

Identification and permissions. If your hero is not a public figure, please indicate whether we should use the

Full Name (preferred) First Name only a fictitious first name (which we will assign)

The use of fictitious names should only be used in cases where the revelation of the person's identity may put them in danger.

Photo(s). Do you have one or more photos that would help illustrate the story? YES NO

Don't do anything now. If we select your submission, we will give you instructions.

In the questions that follow, you are restricted to the space available in the box.

1. What is your **connection** with this person?

2. What **positive character traits** did this person have that made a lasting impression on you?

3. The story. Please provide relevant background and one or more examples of how the person applied the positive character traits (question 2) in his/her own life.

4. **Personal Application.** How have you taken these traits and applied them to situations and challenges you have faced?

5. **What would you say to this person** regarding the impact on your own plan for “Living Longer & Living Better”?