

# Identify Other Superheroes

1. Download the Common Superpowers chart that divides the Superpowers into groups.
2. Find the Superpower you are working on and note which group you are in.
3. Consider the God or Goddess listed. Pay no mind to the gender, the God or Goddess is the embodiment of a particular kind of power — it doesn't matter if you are a boy or girl.
4. Study the powers of the God or Goddess — consider the other Superpowers that are included in the Power Group. Create an idea of the unique qualities of the Power Group so that you can identify those qualities in your life.
5. Find others. Once you are familiar with the power and story of the God or Goddess, start to see your world through the lens of that kind of power. Who in your world has similar powers? People in your family? People who go to your school? People in your neighborhood?
6. Discuss this with a parent and see if you can find other historical figures or current public figures who are exhibiting the qualities of your Power Group. World leaders? Artists? Military figures? Philosophers?
7. Which Power Group do you fall into? Each Superhero is unique. Perhaps you fall into a few of them. Note the most relevant ones.

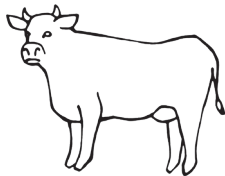


# List of Common Superpowers and Power Groups



**ZEUS:** leadership, grounding, manifestation of ideas, big picture/mapping. People in the Zeus power group may include Oprah Winfrey, Golda Meir, Martha Stewart and Steve Jobs

- a. **MANIFESTING:** Able to take ideas and turn them into real things. Can transform dreams into reality.
- b. **GROUNDING:** Can calm and stabilize chaotic and frenzied environments.
- c. **DECISIVENESS:** Can make decisions confidently in any situation.



**HERA:** commitment, organization, loyalty, sensibility, administration, clarity. People in the Hera Power Group may include Sandra Day O'Connor, Robert Kennedy, Angela Merkel, Ralph Nadar

- a. **FORM:** Able to create order out of chaos. Can see potential systems in any situation.
- b. **ULTRA-CORRECT:** With common sense and clear thinking, always knows the right answer.
- c. **EMPOWER:** Able to give others what they want and need to become more successful and powerful.



**POSEIDON:** emotion, protection, fiery, passion, bold. People in the Poseidon power group may include Martin Luther King, Jr., Beyonce, George Washington, Tony Robbins

- a. **AMPLIFY:** Can take any emotion and make it stronger. Can turn cheerfulness into joy and frustration into rage.
- b. **EMOTOSCAN:** Can know how any one person or group of people are feeling instantly. Able to 'read' a crowd or individual.
- b. **MEGA-PRESENCE:** Able to be the center of attention in any situation. All eyes are on him/her when they walk into a room.



**DEMETER/PERSEPHONE:** abundance, care, nourishment, power of nature, food, generosity. People in the Demeter/Persephone power group may include Fred Rogers, Julia Childs, Nancy Reagan, Wendell Berry

- a. FLOURISH: Can take anything and make it grow or reproduce. Food, money, friends, plants.
- b. PERFECT TASTE: Able to create food and drink that is delicious from whatever is available. Can create symphonies of taste in imagination.
- c. HONORING: Instantly knows what would make someone happy — finding the perfect gift or saying the perfect thing.



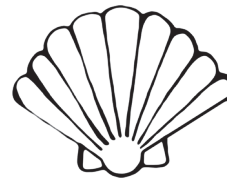
**HADES:** manifestation of wealth, royalty, ownership, physical world, rocks and minerals. People in the Hades power group may include Elon Musk, Mark Zuckerberg, Annie Leibowitz, Marlon Brando

- a. TREASURE: Able to find money anywhere — or other valuable items.
- b. ATTRACTION: Able to attract exactly what is wanted. Gifts, deals, wealth, health, relationships, anything.
- c. INVISIBILITY: Able to disappear without a trace.



**HEPHAESTUS:** creation, forging, continuity, service, smarts, steadfastness, dependability, humility. People in the Hephaestus power group may include Bill Gates, Jimmy Carter, Martha Graham

- a. FABRICATE: Able to make anything with whatever is around. A master craftsman.
- b. IMPROVE: Can take anything and make it better. Work better, look better, behave better.
- c. GENIUS: Able to come up with amazing new ideas.



**APHRODITE:** charm, personal beauty, romance, charisma, warmth and inviting. People in the Aphrodite power group may include Michelle Obama, Dalai Lama IV, Bill Clinton, Amy Poehler

- a. CHARM: Can smile and get whatever they want. Everyone's friend — they're welcome anywhere.
- b. ELEVATE: Can make others feel special, beautiful, powerful.
- c. SMILE: Can make others smile no matter the circumstance.



**DIONYSUS:** encouragement, transformation, wizardry, confusion, magic, alchemy. People in the Dionysus power group may include Dostoevsky, Elizabeth Gilbert, Carl Sagan, Emily Dickinson

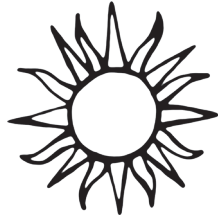
- a. ILLUMINATION: Able to see and reveal truths that others can't see. Exposing the extraordinary in the ordinary. Revealing the impossible.
- b. POSSIBILITY: Able to see the greatness others are capable of, seeing the best in everyone — even when they can't see it themselves.
- c. FUTURESENSE: Can divine what is going to happen in the future.



**ATHENA:** planning, wisdom, strategy, logistics, complex thinking, predictive, anticipatory. People in the Athena power group may include Thomas Jefferson, Sherlock Holmes, Sheryl Sandberg, Mary Barra

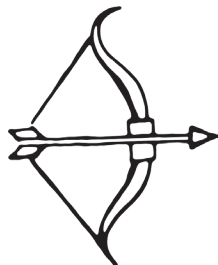
- a. CONDUCTOR: Able to see people's talents and strengths and help them work together.
- b. TRUTH DETECTOR: Can see through lies and tricks — always knows what is real.
- c. CALCULATION: Can anticipate possibilities in the future and have a plan in place — ready to handle any situation.





**APOLLO:** creativity, healing, beautiful creation, music, art, out of the box thinking. People in the Apollo power group may include Bobby McFerrin, Julie Taymor, Cat Stevens and Georgia O'Keefe.

- a. HEALING BEAUTY: Naturally makes beautiful things that are healing to those who witness/hear/experience them.
- b. MUSIC MIND: Able to recall and sing any song at any time. Can create songs on the spot.
- c. HEART THINKING: Able to store lots of thoughts and feelings in one's heart and know what to do without mulling it over in the mind.



**ARTEMIS:** hunt, finding, focus, animals, smell, tracking, identification, stillness, attentive. People in the Artemis power group may include Jane Goodall, Ansel Adams, John Muir, Barbara Walters

- a. SUPER-SMELL: Able to identify smells at great distances. Can pick out smells in crowds and track people and things by smell.
- b. CLEAR-FINDING: Can find anything anywhere.
- c. CAMOUFLAGE/INVISIBILITY: Able to blend in anywhere – crowds, nature – anywhere



**HERMES:** communication, language, travel, theater, trickery, smarts, political, influential. People in the Hermes power group may include Winston Churchill, Meryl Streep, Ronald Reagan, Robin Williams, Tilda Swinton

- a. TRANSLATOR: Can understand anyone no matter the language. Able to learn languages quickly.
- b. SPIN: Can use words to dazzle, confuse, fascinate, convince.
- c. ADAPTATION: Can figure out how to be in any environment or situation. Knows the rules and norms in seconds.



**HESTIA:** warmth, reassurance, endurance, sustenance, life force, generous, empathetic, enduring, necessary in difficult times. People in the Hestia power group may include Princess Diana, Abraham Lincoln, LeBron James, Tom Hanks, Ellen DeGeneres

- a. WARMING: Can make people feel warm and loved and nourished.
- b. SAFE-MAKE: Can create a bubble of safety around someone else.
- c. CONNECTION: Can bring together different people and include anyone into any group – finding the things that connect us together.



**ARES:** confidence, pride, launch, do it, physicality, protection, strength and protection. People in the Ares power group may include Mother Teresa, Mahatma Gandhi, Muhammad Ali, Joan of Arc.

- a. **SHIELD:** Can make an impenetrable barrier of safety around self against negative energy.
- b. **SUPER-FORCE:** Able to become extra strong when force is needed to protect or help others.
- c. **STEADFAST:** Able to keep going — even when it is very difficult. Can inspire others to keep going too.

