
How to Find Your Superpowers

To learn our true superpowers, we need to take a proper inventory of what we have — both our strengths and our weaknesses — our successes and our failures. Capacities for superpowers are made of both.

1. **Strengths:** Print out the list of Strengths and Talents. Go from word to word and use the second step — pay attention to your feelings — to choose which ones apply to you. Try to choose around five or six words.
 2. **Strivings:** Print out the list of Strivings — what you wish you could do better. Use the same process to measure your feelings and choose which words apply to you.
 3. **Personal List:** Take a fresh sheet of paper and list out both sets of words.
 4. **Drawings:** Choose two words from each list and draw pictures of what those words mean to you. They can be in color or black and white. Draw as much detail as you can. Keep these drawings — they are important.
 5. **Superpowers:** Download the Superpower List. Go through the list in the same way you did the other two lists and circle five Superpowers you think you might have or wish you had.
- Now let's "story" your Superpower:
1. **Choose a Listener:** Choose a person, likely a parent, that you trust will listen deeply and without judgement. We want them to just listen and let the words you speak wash over them without trying to figure anything out. Just listening.
 2. **Review:** Take your three chosen words from the Strengths list — and your three chosen words from the Striving list, along with the four drawings. Consider them and then begin to tell this person a story.
 - a. The story might or might not resemble "once upon a time" stories. It could be a made up story or just an explanation. The goal is to explain why you chose the words and then why you drew the pictures you did.
 - b. Try to keep talking for at least 3 minutes but no more than 5 minutes.
 3. **Listen:** Your listener will be quiet and listen to you. They will watch your facial expressions and hand gestures and notice when you are excited and when you seem bored or just going through the motions.
 4. **Settle:** You will talk the full 3 to 5 minutes and when you are finished, you will sit quietly as your Listener lets the story settle.
 5. **Take a break:** Do something else. Go for a walk or eat a snack or play a game.
 6. **Choose a Superpower:** Later, when the two of you are ready, take out the Common Superpowers list and have your listener look at the five choices you circled. They will then pick the one that seems right for you to work on this summer. They won't give you a reason for the choice — it might be random — but it is important that they choose.
 7. Trust that it is the right Superpower. Trust that you will have opportunities to work on the other Superpowers in the future.

List of Common Superpowers

MANIFESTING: Able to take ideas and turn them into real things. Can transform dreams into reality.

GROUNDING: Can calm and stabilize chaotic and frenzied environments.

DECISIVENESS: Can make decisions confidently in any situation.

FORM: Able to create order out of chaos. Can see potential systems in any situation.

ULTRA-CORRECT: Has common sense and clear thinking, always knows the right answer.

EMPOWER: Able to give others what they want and need to become more powerful.

AMPLIFY: Can take any emotion and make it stronger. Can turn cheerfulness into joy and frustration into rage.

EMOTOSCAN: Can know how any one person or group of people are feeling instantly. Able to 'read' a crowd or individual.

MEGA-PRESENCE: Able to be the center of attention in any situation. All eyes are on him/her when they walk into a room.

FLOURISH: Can take anything and make it grow or reproduce. Food, money, friends, plants, etc.

PERFECT TASTE: Able to create food and drink that is delicious from whatever is available. Can create symphonies of taste in their imagination.

HONORING: Instantly knows what would make someone happy – finding the perfect gift or saying the perfect thing.

TREASURE: Able to find money or other valuable items anywhere.

ATTRACTION: Able to attract exactly what is desired. Gifts, deals, wealth, health, relationships, etc.

INVISIBILITY: Able to disappear without a trace.

FABRICATE: Able to make anything with whatever is around. A master craftsman.

IMPROVE: Can take anything and make it better. Work better, look better, behave better.

GENIUS: Able to come up with amazing new ideas.

CHARM: Can smile and get whatever they want. Everyone's friend, they're always welcome anywhere.

ELEVATE: Can make others feel special, beautiful, powerful, etc.

SMILE: Can make others smile with ease.

ILLUMINATION: Ability to see and reveal truths that others can't see. Exposing the extraordinary in the ordinary. Revealing the impossible.

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POSSIBILITY: Able to see the greatness others are capable of, sees the best in everyone — even when they can't see it themselves.

FUTURESENSE: Can divine what is going to happen in the future.

CONDUCTOR: Able to see people's talents and strengths and help them work together as a team.

TRUTH DETECTOR: Can see through lies and tricks and always knows what is real.

CALCULATION: Can anticipate possibilities in the future and have a plan in place. Always ready to handle any situation.

HEALING BEAUTY: Naturally makes beautiful things which are healing to those who witness/hear/experience them.

MUSIC MIND: Able to recall and sing any song at any time. Can create songs on the spot.

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.

SUPER-SMELL: Able to identify smells at great distances. Can pick out smells in crowds and track people and things by smell.

CLEAR-FINDING: Can find anything anywhere.

CAMOUFLAGE/INVISIBILITY: Able to blend in anywhere — in crowds, in nature, etc.

TRANSLATOR: Can understand anyone no matter the language. Able to learn languages quickly.

SPIN: Can use words to dazzle, confuse, fascinate, convince, etc.

ADAPTATION: Can figure out how to be in any environment or situation. Knows the rules and norms in seconds and fits in.

WARMING: Can easily make people feel warm and loved and nourished.

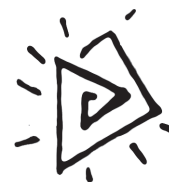
SAFE-MAKE: Can create a bubble of safety around someone else.

CONNECTION: Can bring together different people and include anyone in any group — finds the things that connect us together.

SHIELD: Can make an impenetrable barrier of safety around self to protect against negative energy.

SUPER-FORCE: Able to become extra strong when force is needed to protect or help others.

STEADFAST: Able to keep going — even when it is very difficult. Can inspire others to keep going too.



List of Strengths and Talents

Some examples of strengths include:

Appreciation — Noticing and appreciating beauty, excellence, or skilled performance in all aspects of life

Bravery — Not shrinking from threat, challenge, or difficulty

Caution — Not saying or doing things that might later be regretted

Creativity — Thinking of new and productive ways to do things

Curiosity — Taking an interest in experiences

Enthusiasm — Approaching life with excitement and energy

Fairness — Treating all people the same according to a sense of equality and justice

Forgiveness — Forgiving those who have done wrong

Gratitude — Being aware of and thankful for good things that happen

Honesty — Speaking the truth and being genuine

Hope/Optimism — Expecting the best and working to achieve it

Humor — Liking to laugh and joke and bring smiles to other people

Kindness — Doing favors and good deeds for others

Leadership — Organizing group activities and making sure they happen

Love — Valuing close relationships with others

Love of Learning — Mastering new skills, topics and knowledge

Modesty — Letting your accomplishments speak for themselves

Open-mindedness — Thinking things through and examining them from all sides

Perseverance — Finishing what you start

Self-control — Controlling what you say and do

Sociability — Being aware of the motives and feelings of yourself and others

Spirituality — Believing in the higher purpose and meaning of life

Teamwork — Working well as a member of a group or team



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Some examples of talents include:

Athletics – Ability to excel in sports and games

Artistic – Drawing, painting, sculpting, and other visual arts

Acting – Improvisation or scripted performance

Dance – Graceful and able to learn dance moves

Music – Singing or playing an instrument or reading music

Writing – Working with words, poetry, prose, fiction, or nonfiction

Math – Working with numbers and formulas

Memorization – Able to recall words, numbers, phrases, pictures

Physical Strength – Able to lift/push/pull heavy things

Speed – Can run very quickly

Engineering – Understands and works with mechanics or architecture

Debate – Can argue persuasively

Sight – Can see accurately at great distances

Hearing – Can hear clearly at great distances or in loud environments

Smell – Can identify smells accurately and at distances

Taste – Can identify tastes accurately and in combination



List of Strivings

“What I Wish I Could Do with More Ease”

Appreciation – Noticing and appreciating beauty, excellence or skilled performance in all aspects of life

Bravery – Not shrinking from threats, challenges or difficulty

Caution – Not saying or doing things that might later be regretted

Creativity – Thinking of new and productive ways to do things

Curiosity – Taking an interest in experiences

Enthusiasm – Approaching life with excitement and energy

Fairness – Treating all people the same according to a sense of equality and justice

Focus – Able to keep attention on one thing for an extended period of time

Forgiveness – Forgiving those who have done wrong

Gratitude – Being aware of and thankful for good things that happen

Honesty – Speaking the truth and being genuine

Hope/Optimism – Expecting the best and working to achieve it

Humor – Liking to laugh and joke and bring smiles to other people

Kindness – Doing favors and good deeds for others

Leadership – Organizing group activities and making sure they happen

Love – Valuing close relationships with others

Love of Learning – Mastering new skills, topics and knowledge

Modesty – Letting your accomplishments speak for themselves

Neatness – Keeping one’s room and surroundings orderly and clean

Open-mindedness – Thinking things through and examining them from all sides

Perseverance – Finishing what you start

Schoolwork – Doing all work to the best of your abilities and completing it on time

Self-control – Controlling what you say and do

Sociability – Being aware of the motives and feelings of yourself and others

Spirituality – Believing in the higher purpose and meaning of life

Teamwork – Working well as a member of a group or team



(Go to next page for more...)

Examples of talents you strive to strengthen:

Athletics — Ability to excel in sports and games

Artistic — Drawing, painting, sculpting and other visual arts

Acting — Improvisation or scripted performance

Public Speaking — Standing in front of a group of people and speaking

Dance — Graceful and able to learn dance moves

Music — Singing or playing an instrument or reading music

Writing — Poetry or prose, fiction or nonfiction, working with words

Math — Working with numbers and formulas

Spelling — Proper spelling of vocabulary words

Memorization — Able to recall words, numbers, phrases, pictures

Physical Strength — Able to lift/push/pull heavy things

Speed — Ability to run very quickly

Engineering — Can understand and work with mechanics or architecture

Debate — Can argue persuasively

Sight — Can see accurately at great distances

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