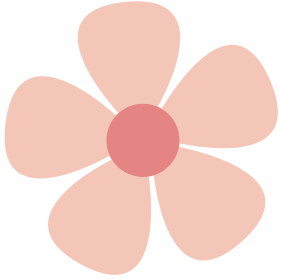
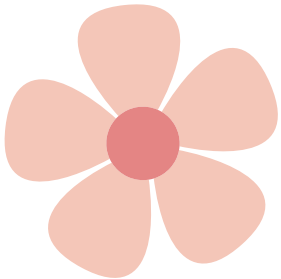




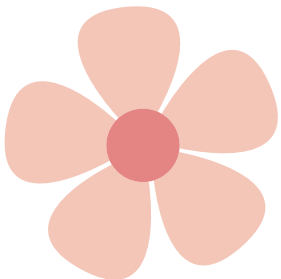
# Barriers to seeing my superpowers



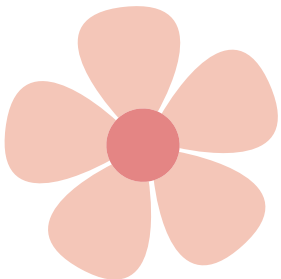
My environment? Is it too noisy / cluttered / bright for example? What can I change about this? What would make it better?



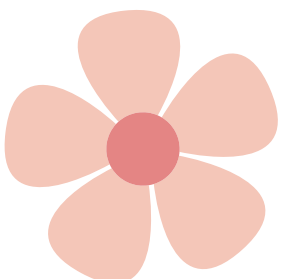
My time / schedule? What leads me to having too little time? What can I change? Can I ask for help? How would I like it to be?



The opinions of others? Are their opinions important? Why? Do they need more information about HSP?



My own beliefs? What do I think about my gifts? If I recognised my gifts, what would this change?



I've not reflected on my superpowers!!!