



My Superpowers

The purpose of this exercise is to begin to think about your superpowers - you may not have had the opportunity to do this before and getting them down on paper is really helpful.

My thoughts or values? The way I problem solve? Weigh everything up in due time?

The way I see or experience things?
Empathetic? joy in small things?

The way I feel or know things?
Moral compass? Conscientious?

The way I help others? How I make others feel? What I bring to a group?

The way I do things? Can work quietly or in solitude?

Anything else?

