

OWN YOUR SUPERPOWERS



FOLLOW-ALONG GUIDE

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COACHING

What are SUPERPOWERS?

Definition:

YES

NO



Examples of **SUPERPOWERS**

Benefits of using your **SUPERPOWERS:**



What about **WEAKNESSES**?

*"If you spend your life trying to be good at everything,
you will never be great at anything." ☒*

– Tom Rath

MODULE 1 ASSIGNMENTS MENU:



**Identify
YOUR
STRENGTHS!**

- ➔ *Strengths Self-Reflection*
- ➔ *Fan Survey*
- ➔ *VIA Assessment*
- ➔ *Strengths Self-Assessment*

MY STRENGTHS!



How do you know it's a **SUPERPOWER?**



MY SUPERPOWERS!



MODULE 3: LEVERAGE YOUR SUPERPOWERS

Express **YOUR SUPERPOWERS** in all areas of your life!

WHICH AREAS? ONE EXAMPLE:

HEALTH: Physical, emotional, mental

LOVE, FAMILY, HOME: feeling loved whether partnered or single, quality of family relationships, satisfaction with your physical and geographic home environment

FRIENDSHIPS: satisfying and supportive social relationships

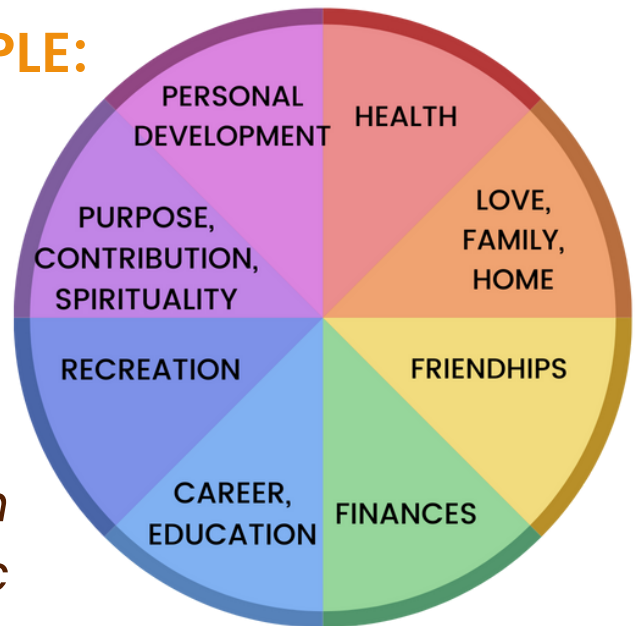
FINANCES: Income, saving, budget, investment, planning

Career and Education: confidence, success, growth

RECREATION: hobbies and interests, humor and fun, adventure and travel

PURPOSE, CONTRIBUTION, SPIRITUALITY: living a meaningful life, knowing you are contributing to the greater good, having spiritual outlets

PERSONAL DEVELOPMENT: Curiosity, self-awareness, openness to learning and change



HOW I DEFINE IMPORTANT AREAS OF MY LIFE



For each of **YOUR SUPERPOWERS** in each area of your life, ask yourself:

- 1. How am I utilizing this Superpower in this area of my life?☒*
- 2. What can I do to become even better at this Superpower?*
- 3. How can I use this Superpower (even more) to help me flourish (even more) in this area of my life?☒*
- 4. What is one specific measurable goal I can commit to in this area to leverage this Superpower?*



SUPERPOWER: _____

Area: _____

1. *How am I utilizing this Superpower in this area of my life?* ☐

2. *What can I do to become even better at this Superpower?*

3. *How can I use this Superpower (even more) to help me flourish (even more) in this area of my life?* ☐

4. *What is one specific measurable goal I can commit to in this area to leverage this Superpower?*

MAKE IT A PRACTICE!

"We are what we repeatedly do." ☒

– Aristotle



WANT TO CONTINUE ON YOUR PERSONAL GROWTH JOURNEY?

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Here's to identifying and owning
YOUR unique Superpowers – the
world needs your gifts!

Hugs,

Helene