
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.