

Find Your Freedom

Worksheet: Your Superpowers

Most of us have a hard time knowing our strengths. We get made to work and focus on what we're not good at. **Strengths** can be knowledge, traits, skills, and talents that are considered positive. In theory, we should know our own strengths - we are the ones who have them, right?! But knowing our strengths means knowing ourselves, and that self-awareness can make it a bit tricky.

If we all focused on what we're really great at doing, life would surely be a lot easier, for all of us, wouldn't it?

STEP ONE

Ask yourself:

- What comes easily to you?
- What are 3 strengths you can think of right away?
- What are you proud of in your life? What do you like about yourself?
- What do you do better than others?
- What do you enjoy or love doing? (*we usually enjoy what we're good at*)
- What were your favourite subjects or classes at school? Why? What did you bring to the class?
- When have you felt most energised? What were you doing?
- What have you created and brought into the world? (*from childhood to now*)
- Think about your achievements (*big & small*). What personal traits would you give the credit to?

Ask others:

Connect with family, friends, colleagues, ex-colleagues and ask them what they feel are your three best qualities. What do your friends admire in you? What do you get asked to help with? What would your co-workers say are your strong points?

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These examples will help you get started....

Hard Skills/Technical

- Data analysis with Excel (involves software)
- Creating Powerpoint presentations
- Project management skills and/or training
- Business courses taken
- Coding/technical computer skills
- Graphic Design
- Certifications, training or licenses you've acquired
- Proficiency in a foreign/computer/legal language

Soft Skills/Competancies

TASK

- Planning
- Organising
- Project Management
- Systemizing
- Simplifying
- Business-driven
- Quality-driven
- Achievement-oriented
- Leadership (Project)

THOUGHT

- Problem Solving
- Visioning
- Creativity & Innovation
- Analytical Thinking
- Judgement & Decision Making
- Strategic Thinking
- Thinking out-of-the-box
- Brainstorming

PEOPLE

- Collaboration
- Empathy
- Developing rapport
- Emotional intelligence
- Influencing
- Persuading
- Assertiveness
- Motivating others
- Cultural Sensitivity
- Handling Difficult people

SELF MANAGEMENT

- Stress Management
- Time Management & Prioritization
- Resilience/ handling failure
- Resourcefulness
- Flexibility, Agility
- Quick Learner
- Grit/Persistence
- Self-awareness
- Self-motivating

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STEP TWO

Once answers start pouring in, look for the common threads in your list and what people say about you. This will help you refine your superpower.

Write your top 3 common threads here.

MY #1 SUPERPOWER:

MY #2 SUPERPOWER:

MY #3 SUPERPOWER:

STEP THREE

Post your homework and take aways in our [Facebook Group here](#).