Find Your Superpowers

Are you aware of your individual strengths and natural abilities? These are our superpowers. We've had them all our lives, but our inner critic voice has kept them stuck. Now, its time to release our superpowers and let the hero in you come out!

Write 10 Things You Appreciate About Yourself

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Write 10 Things People Say You are Good At

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Superpower Voice vs Inner Critic Voice

We all have inner voices. One voice is the inner critic and the other superpower. Statements from your inner critic are *Who do you think you are? What will others think? What if you fail?* Their job is to keep you stuck.

Statements from your superpower voice are *You can do this! You are good at this. This is easy for you*. *People say you are natural.* Their job is to encourage you to move forward.

Using the lists you've completed, write your superpowers in the *Superpower Voice* column. Then in the *Inner Critic* column write the words that come to mind when you recognize your superpowers. This exercise brings awareness and understanding. When you accept your superpower voice you are equipped to consistently defeat your inner critic voice.

Superpower Voice	Inner Critic Voice