
1. Your Superpower Statement Generator

Here's an accelerated process you can use on your own to help discover and articulate your superpowers. By the end of this work, you'll have built one or two statements you can use to talk about the superpowers you bring to work—and to the world.

Your final statements may not be perfect right off the bat, but after going through these five steps, you'll be lots closer to describing what's unique, special, and important about you! Finally, remember--there's no right and wrong here, so have fun and know you not only have permission, but are required to brag on yourself!!

Step 1: Build the Base

Let's start from the ground up. List ten of your talents and skills, and ten awesome gifts you bring to the world. Yes, you have ten of each—at least!! If you get stuck, set a timer for 10 minutes and don't stop writing until the bell rings! (If you come up with more, please add more rows and grow the list! The larger the base, the more superpower fuel for you!)

When you have 10 in each column, put an X next to five of your favorites—the ones you love using, the ones you're most proud of, anything that strikes you as your favorite! You'll have five X's in total (not five per column.)

| My Talents & Skills | Fave 5 | My Awesome Gifts | Fave 5 |
|--|---------------|--|---------------|
| <i>Example: I'm detail oriented</i> | | <i>Example: I laugh easily</i> | x |
| <i>Example: I solve problems quickly</i> | x | <i>Example: Writing comes easy to me</i> | |
| 1. | | 1. | |
| 2. | | 2. | |
| 3. | | 3. | |
| 4. | | 4. | |
| 5. | | 5. | |
| 6. | | 6. | |
| 7. | | 7. | |
| 8. | | 8. | |
| 9. | | 9. | |
| 10. | | 10. | |

Step 2: Add Your Layers

You're more like an onion than a potato—you have lots of layers. So now, let's add other aspects of you, including your attitudes and approaches (how you see things, etc.) and your reachouts and resources—people, groups, and/or relationships you have that can contribute to your success.

Just like before, mark your Fave 5.

| My Attitudes and Approaches | Fave 5 | My Reachouts & Resources | Fave 5 |
|---|---------------|---|---------------|
| <i>Example: I'm extremely kind</i> | x | <i>Example: Dad is a financial wizard</i> | |
| <i>Example: I get impatient to fix problems</i> | | <i>Example: 475 LinkedIn contacts</i> | x |
| 1. | | 1. | |
| 2. | | 2. | |
| 3. | | 3. | |
| 4. | | 4. | |
| 5. | | 5. | |
| 6. | | 6. | |
| 7. | | 7. | |
| 8. | | 8. | |
| 9. | | 9. | |
| 10. | | 10. | |

Step 3: Other Powerful Stuff About You

Something still missing? What else is really important and powerful about you? Don't second guess yourself if you have an inkling—trust your gut and write it down!! Then, is it a fave? (Psst—if it's coming up now, chances are it's pretty powerful and deserves an X.)

| | A Fave |
|--|---------------|
| <i>Example: My cancer scare taught me to be more sensitive to others' stresses</i> | x |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

Step 4: Superpower Fuel Gauge

At this point, you'll have at least 10 things marked with an X (more if you added extra powers.) Congrats!! Now write each of the X'd elements in the chart below. These are your fuel for your superpowers!

Now, for each one, put an X in one of the three columns in the "Gut Monitor," measuring how you feel about the characteristic you've listed.

| | Gut Monitor: | It's okay | Like it alright | Super proud |
|----|--|------------------|------------------------|--------------------|
| | <i>Example: I solve problems quickly</i> | | X | |
| | <i>Example: I'm extremely kind</i> | | | X |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |

Step 5: Superpower Test Flight

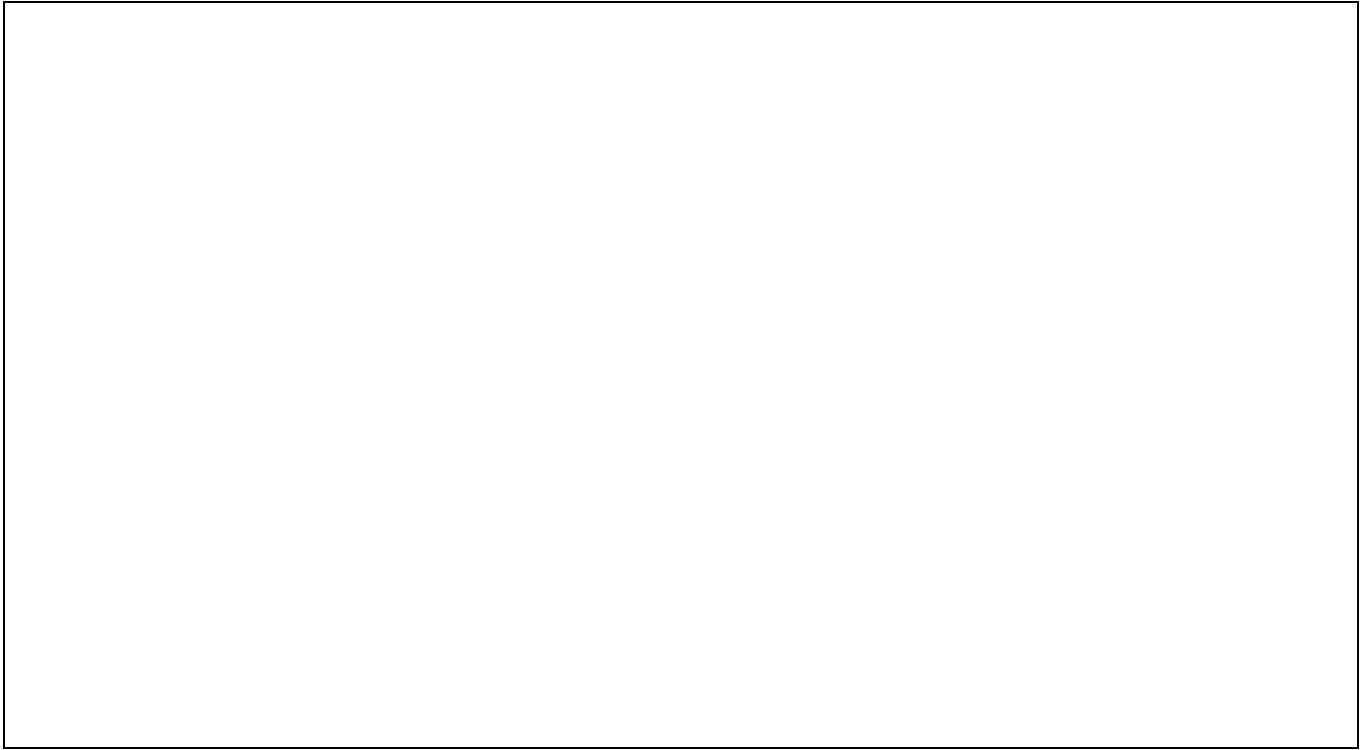
It's mash-up time! Write five versions of your superpowers, putting the elements from steps 1 and 2 in your mental blender and seeing what comes out. Remember, there's no right or wrong here—it's just a test flight!

After you have five, go back and mark what's in your gut.

| | Gut Monitor: | It's okay | Like it alright | Super proud |
|---|--|------------------|------------------------|--------------------|
| | <i>Example: I use my sensitivity, kindness and willingness to laugh to solve tough problems in new and fresh ways.</i> | | x | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |

Step 6: World, Here Are My Superpowers:

Now, what's most super? You're ready! Let loose and share it proudly!!

A large, empty rectangular box with a thin black border, intended for the user to share their superpowers.

Congrats! You've found your superpowers—
now take them to work!

RedCapeRevolution.com

[LinkedIn.com/in/DarcyEikenberg](https://www.linkedin.com/in/DarcyEikenberg)