



*Rebecca Ronane*  
Forward after Fifty



## DISCOVER YOUR SUPERPOWERS

In today's exercise, we will explore your superpowers, those things that are special and unique to you. It's very easy for us to discount our superpowers, where we believe everyone can do what we do. What we find easy, others can often find difficult.

Grab a notebook or journal and spend some time creating the following lists. Don't overthink it; go with what first comes to mind. Our brains are very good at dismissing what we come up with and negating the positive traits. Set a timer if you need to.

**Strengths - List three strengths**

**What do you consider your strengths? e.g. good communication skills, creativity, and marketing skills.**

1

2

3



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## Achievements - List three achievements

What have you done over the years that you're proud of? e.g. moved to another country, had children, learned a language.

1

2

3



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## Compliments - List three compliments

What compliments have you received over the years? e.g. "You're great at putting colours together", "You're a good cook", "You're very patient".

1

2

3



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**Challenges You've Overcome - List three challenges.**

**What challenges have you had to overcome? List these because they help you recognise your resilience, e.g. lousy health, a divorce, losing a job.**

**1**

**2**

**3**

**Your completed list demonstrates your superpowers. There may be many more. You've highlighted your strengths, listed your accomplishments/compliments and explored challenges you've overcome.**

**When clients complete this list, they often find that a handful of these superpowers stand out and make them feel proud. Now that you've completed this list reflect on five keywords that fill you with pride. These are your top superpowers. Next, you must decide how to bring them into your life.**

**For example, you listed that you're a great communicator. How are you using this in your day-to-day life? If you listed creative skills, what are you creating regularly?**