

the

Choose Your Super Power

Super  
workbook

# Intro & Guide

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# Passion & Starting

Ideas and Examples to stimulate thought...

## Passion Building stuff

## Passion Music

things you need to know

### Ability

What do you know how to build? What additional skills would help you to pursue your passion for building?

### Ability

What can you do now musically? What additional skills would help you pursue your passion for building?

### Desire

What type of person do you enjoy helping? Why?

### Desire

What type of music do you enjoy? Why?

### How

How do you see yourself building– alone, part of a team, or teaching?

### How

Do you prefer to create music alone or with others? Do you like to teach others?

### Where & For Whom

- Habitat for Humanity, Low income people
- Teach children your craft
- Clients who appreciate fine craftsmanship
- Businesses, families, schools

### Where & For Whom

- Concerts and other gigs
- Privately composing music to later share with the world
- Teaching music to children and adults
- Online for the public or for a small group

### Why

How does this “feed” you? What excites you about building? Is it intensely personal or something to be shared?

### Why

What about music excites you? How can you share that with others to see that excitement in them as well?

Get Started!

Get Started!

Your Passions Start here...

Passion #1

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things you need to know

Ability

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Desire

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How

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Where & For Whom

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Why

Get Started!

Passion #2

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Ability

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Desire

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How

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Where & For Whom

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Why

Get Started!

# Discovering Purpose - Exercise 1:

- 1 List **5 experiences** in your past that taught you **powerful lessons** about yourself. They could be from childhood or adulthood. When you look back on these experiences, you realize now that they had a lasting impact on you—perhaps how you interact with others, view the world or yourself. *Note: If you're having trouble thinking of any, just try to think of the most impactful times or events in your life. Then look at what lessons you learned.*

A.

B.

C.

D.

E.

## 2 Lessons Learned

What lessons did you learn from each of these experiences? Why were they powerful to you?

A.

B.

C.

D.

E.

- 3 **Common Threads:** What are the key details that you still see in your life today? There are often common threads from those experiences.

# Discovering Purpose - Exercise 2:

1 List **5 experiences** in your past that brought you the **greatest joy**. They could be from childhood or adulthood. When you look back on these experiences, you realize now that they are a powerful part of your "highlight reel. *Note: If you're having trouble thinking of any, just try to think of the most joy-filled times or events in your life.*

A.

B.

C.

D.

E.

## 2 Lessons Learned

What in these experiences was joyful? Why were they powerful to you?

A.

B.

C.

D.

E.

3 **Common Threads:** What are the key details from these that you want to see in your life today? There are often common threads from those experiences.

# Legacy Exercise - What do they say?

1 As I sit here looking around the memorial service in your honor, I realize that you have impacted the lives of so many people. Many of them are here and most were so impacted that they want to honor you here, at your funeral. What would you hope that I hear from these people?

A. Family:

B. Co-workers:

C. Friends:

D. Neighbors:

E. Key community members:

## 2 The Surprise Speaker

As I sit listening to all of the nice words people say about you, I realize that a few strangers have raised their hands to speak as well. As the first one stands, it's obvious these weren't people you knew well. In fact, they were virtual strangers. You interacted with them only briefly, yet made a lasting impression. What do they have to say?

3 **The Lesson:** We all interact with more people everyday who may be meaningful in our lives. We are often on our "best behavior". The question is what do the others have to say about us? They often see the raw, unpolished side of us. What does your look like? Is it consistent with what the others who know you well would say? If not, why not? After all, it's your LEGACY!

# Your Skyscraper

Your skyscraper, your legacy, your purpose. These are what become your skyscraper. By envisioning what excites you, brings you joy, and what has grown and developed you at pivotal points in your past, you see the room and floors in your skyscraper beginning to take shape. What do you envision?

Take a moment now and draw a skyscraper on this page. Divide it into floors, label the bottom floors for where you are now and the top floors with your vision for the future. Dream big and add extra pages for explanation if you need it.

# Life Purpose Statements:

Purpose:

My life purpose is to raise God's children to follow Him, know Him, and love Him. This is my legacy.

Purpose:

**My life purpose is to encourage and empower teen mothers to pursue their education, be good mothers, and pass on the lessons they learn.**

Purpose:

My life purpose is to **encourage** and **inspire** people to BE and DO far more than they ever thought possible—to harness their passions and reach for their full potential.

things you need to know to get started...

Who

What

How

Why

My Life Purpose is:

# Villains and Super-Villains:

What are your villains and Super-villains that can get in the way of your progress in achieving your Life Purpose? These are either internal forces (ie health, energy, excuses, mental gremlins) that hinder us. They may also be external in terms of people or activities that drain us of the energy and desire to pursue greatness. When you strive to excel and hit a roadblock, what caused it? Analyze it. In this exercise, think back to what happened. Work your Contingency Mindset and figure out how you can defeat it next time. I've given an example of how that works to guide you. These are personal to you, no one else. Make these if/then statements.

If I sleep longer than I meant to and do not get my writing done before the kids are awake, then I will write 500 words at lunchtime at my desk. I refuse to lose momentum!

Now, write a few of your own...

# Positive Energy Challenge

1. List your Energy Boosters/Sunshine: (rate on a scale of 1 to 10)

2. List your Energy Leeches/Kryptonite: (rate on a scale of 1 to 10)

3. What are the Top THREE Leeches and THREE Boosters:

Leeches:

1.

2.

3.

Boosters:

1.

2.

3.

# Find *new* Energy Boosters:

What areas can you expand on to build your energy and build toward your

What resources are available that will boost your energy? Do you have a reading list? Are there classes that you would like to take?

# Fill Your Tool Belt

Beyond the basics listed in **Choose Your Super Power**, what specific tools do you need to properly deploy your Super Purpose? If your Purpose is to raise Godly children, what are you doing to grow the skillset needed to do that? What tools do you need in your tool belt? List them below, prioritize them and GET STARTED!

My Life Purpose is \_\_\_\_\_.

To do this I need to develop in these areas (and here is how I will start:

⇒

⇒

⇒

⇒

⇒

⇒

⇒

⇒

\*\*Need more space? Continue this list and start with the most impactful.