

# Uncover Your Superpower

Unleash Your Strengths  
to Perform & Feel Your Best





“If you were a **superhero**, who would you be?”







***Who's your  
Super Hero....***

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***....and Why?***



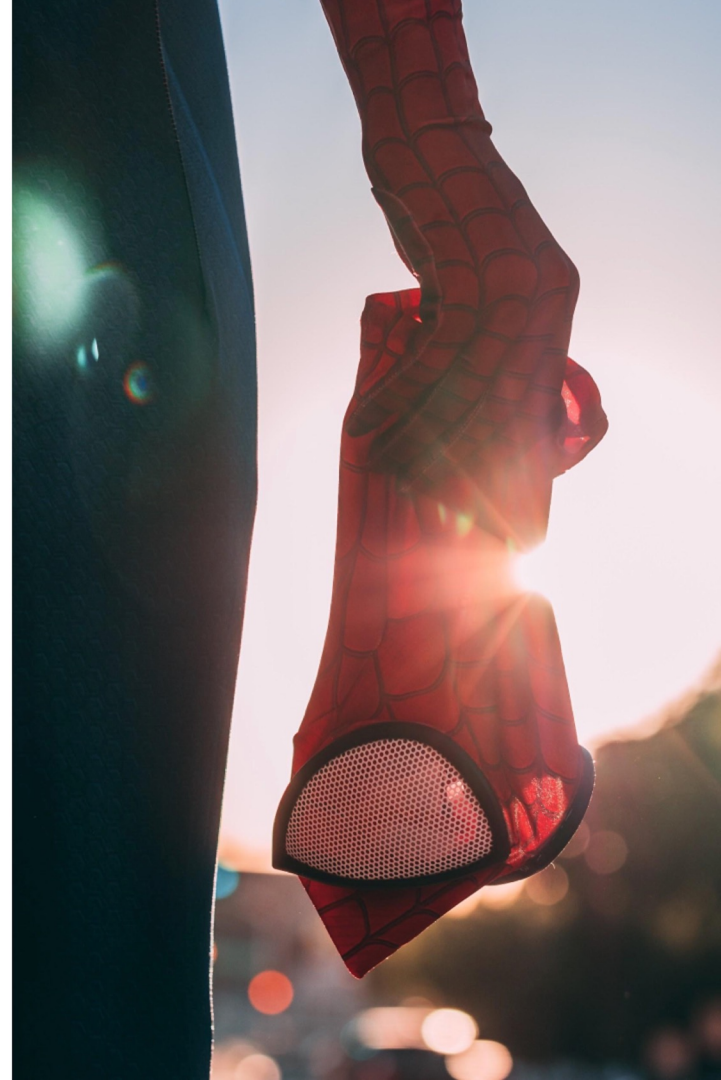




# Your Real Superheroes

Who are the **people** who have influenced your life and you admire?

Who would you place on your peaks?



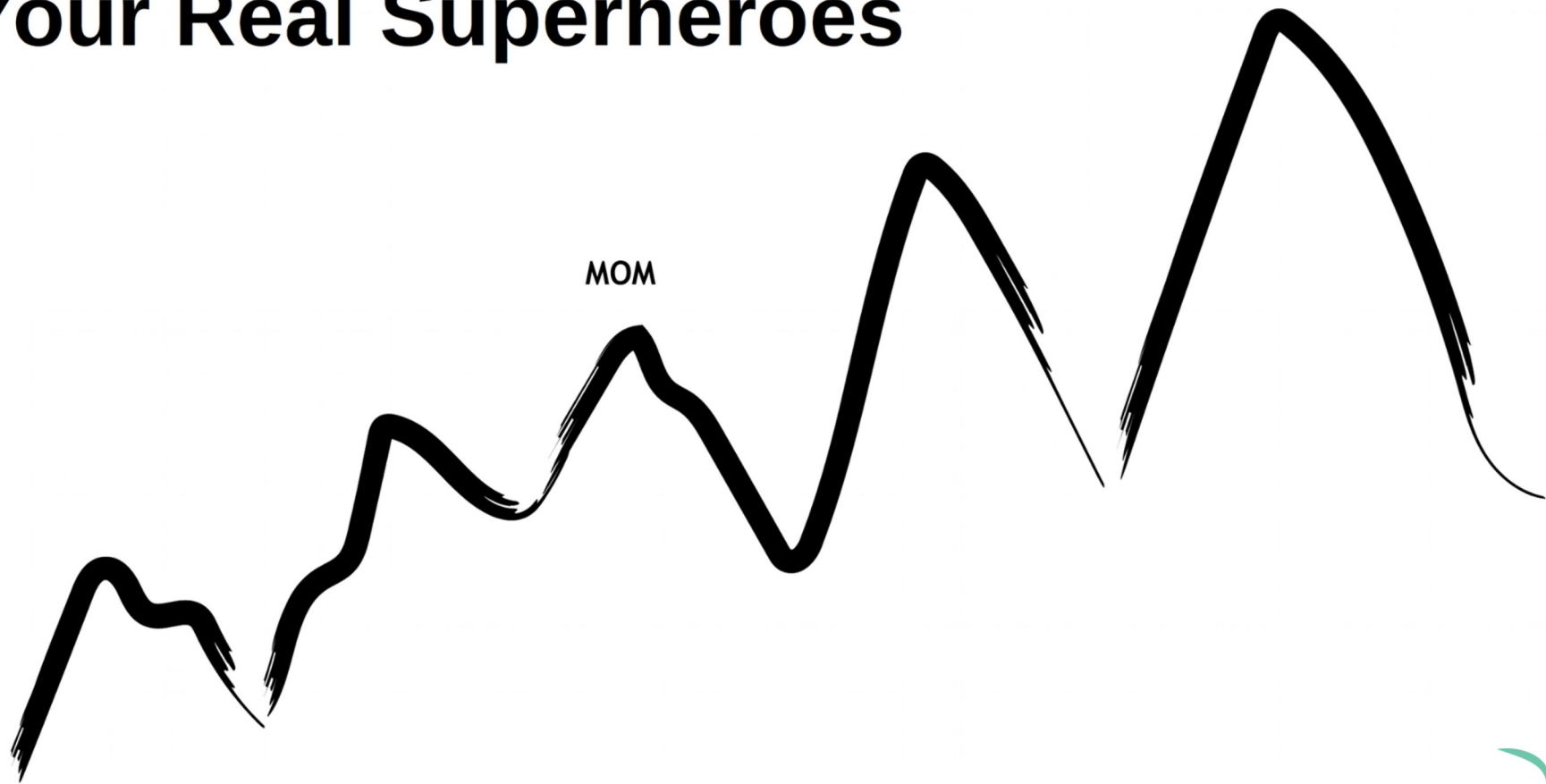




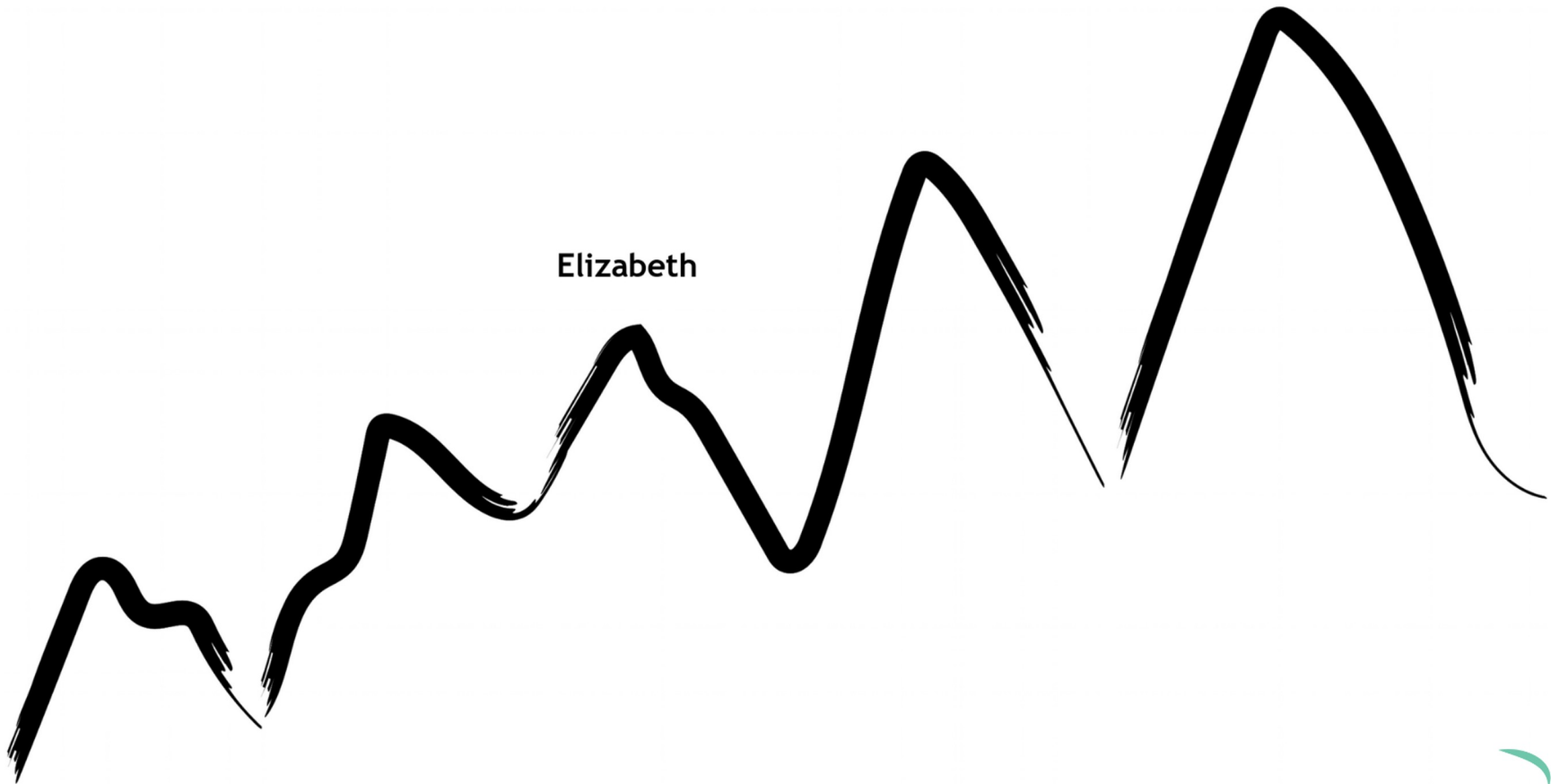


# Your Real Superheroes

MOM



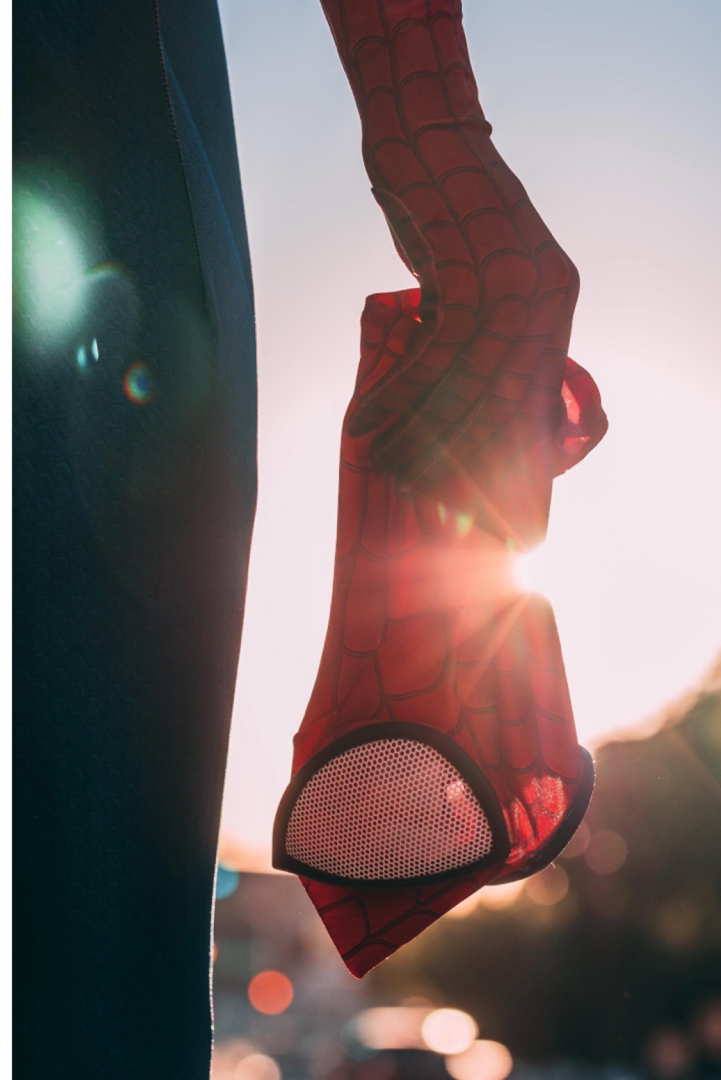
Elizabeth



# Your Real Superheroes

What **STRENGTHS** do you admire?

Which of these **STRENGTHS** are the most meaningful to you?



# Your Real Superheroes

MOM

Faith  
Hope  
Love  
Optimism



# Your Real Superheroes

Elizabeth

Courage  
Perseverance  
Wisdom  
Hope



# VIA Classification of Character Strengths



**Creativity**



**Curiosity**



**Judgment**



**Perspective**



**Bravery**



**Perseverance**



**Zest**



**Honesty**



**Social Intelligence**



**Kindness**



**Love**



**Leadership**



**Fairness**



**Teamwork**



**Forgiveness**



**Love of Learning**



**Gratitude**



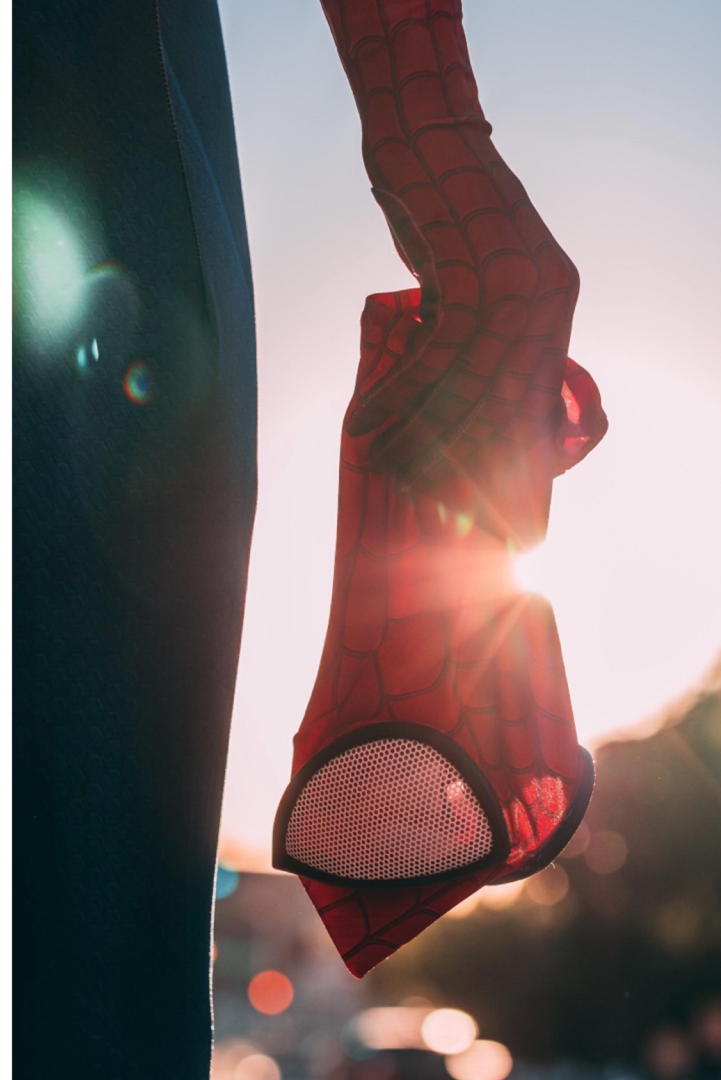
**Spirituality**





# Your Real Superheroes

**Circle** the **STRENGTHS** you have been most committed to throughout your career/life.



# Your Real Superheroes

MOM

Faith  
Hope  
Love  
Optimism







# Your Real Superheroes

Elizabeth

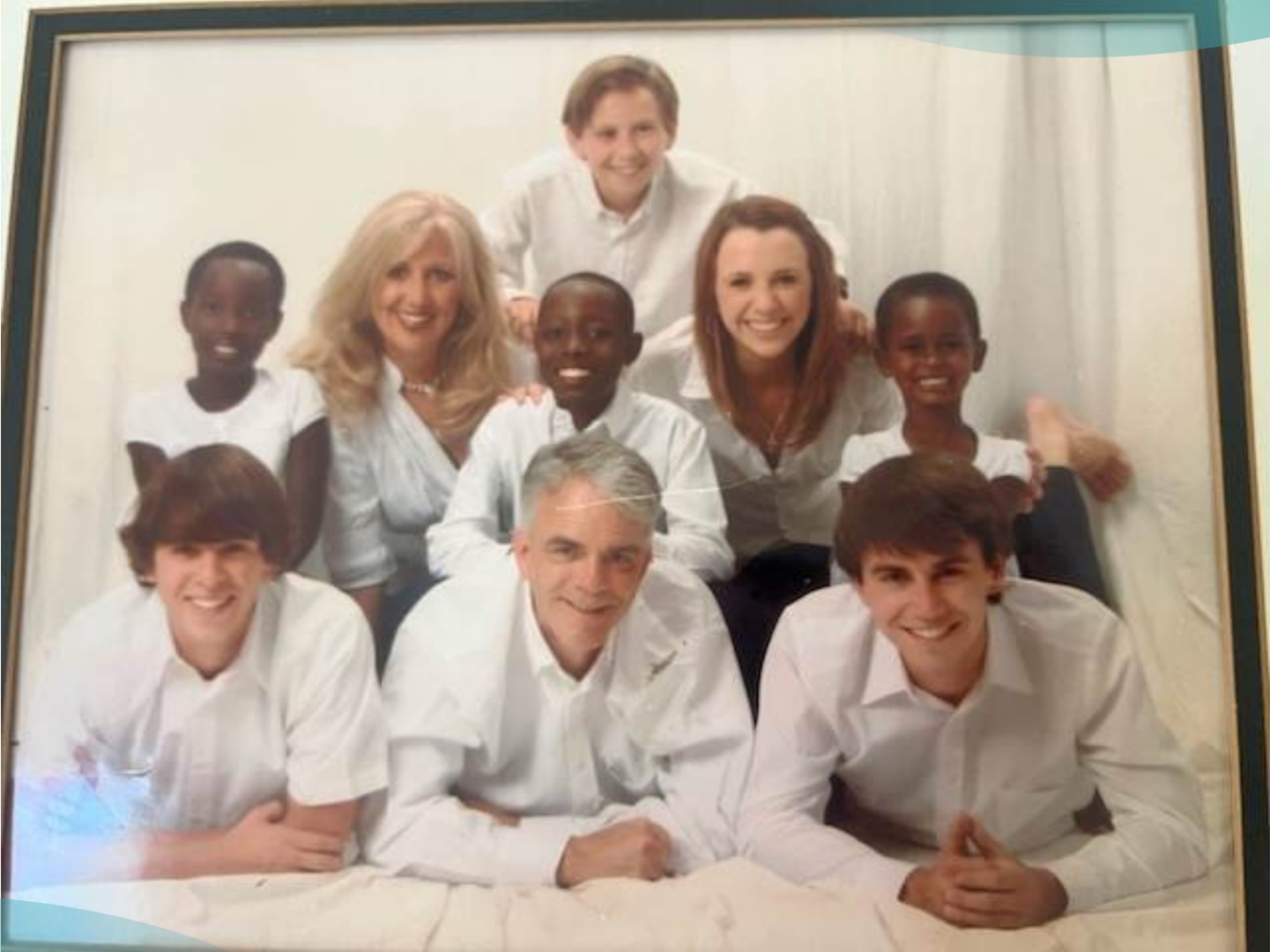
Courage

Perseverance

Wisdom

Hope













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***“Don’t forget to show love...”***



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