



Finding Your **Superpowers!**

Hi TASBeans!

It was a blast connecting with you at T-Day! Here are some “Superpower” cards to add to the fun. Print them out and cut out the individual cards and use them to help focus on your superpowers!

Lisa

Finding Your Super Powers!

WISDOM

(strength of head)

Creativity

- Originality
- Adaptive
- Ingenuity

Curiosity

- Interest
- Novelty-Seeking
- Exploration
- Openness

Judgment

- Critical Thinking
- Thinking Things Through
- Open-mindedness

Love of Learning

- Mastering New Skills & Topics
- Systematically Adding to Knowledge

Perspective

- Wisdom
- Providing Wise Counsel
- Taking the Big Picture View

COURAGE

(strength of heart)

Bravery

- Valor
- Not Shrinking from Fear
- Speaking Up for What's Right

Perseverance

- Persistence
- Industry
- Finishing What One Starts

Honesty

- Authenticity
- Integrity

Zest

- Vitality
- Enthusiasm
- Vigor
- Energy
- Feeling Alive

HUMANITY

(strength of others)

Love

- Both Loving and Being Loved
- Valuing Close Relations with Others

Kindness

- Generosity
- Nurturance
- Care & Compassion
- Altruism
- "Niceness"

Social Intelligence

- Aware of the Motives/Feelings of Self/Others
- Knowing what Makes Other People Tick

Research has shown that when you focus on what works — your inner strengths — you become happier. One of the leading institutions on positivity and positive psychology has studied character strengths for years, and their research has shown by focusing on your character strengths, especially your top 5 strengths — your **"Superpowers"** — you have a sense of flourishing, you feel happier, you are more engaged, you are energized, you are more resilient, and have a sense of purpose.

JUSTICE

(strength of community)

Teamwork

- Citizenship
- Social Responsibility
- Loyalty

Fairness

- Just
- Not Letting Feelings Bias Decisions About Others

Leadership

- Organizing Group Activities
- Encouraging a Group to Get Things Done

There are 24 character strengths, each one falling under 6 broad virtues. All of us have the 24 strengths, but in varying degrees, giving each of us a unique character profile.

TEMPERANCE

(strength of self)

Forgiveness

- Mercy
- Accepting Others' Shortcomings
- Giving People a Second Chance

Humility

- Modesty
- Letting One's Accomplishments Speak for Themselves

Prudence

- Careful
- Cautious
- Not Taking Undue Risks

Self-Regulation

- Self-Control
- Disciplined
- Managing Impulses & Emotions

TRANSCENDENCE

(strength of spirit)

Appreciation of Beauty & Excellence

- Awe
- Wonder
- Elevation

Gratitude

- Thankful for the Good
- Expressing Thanks
- Feeling Blessed

Hope

- Optimism
- Future-Mindedness
- Future Orientation

Humor

- Playfulness
- Bringing Smiles to Others
- Lighthearted

Spirituality

- Faith
- Purpose
- Meaning
- Belief in a Calling

SUPERPOWERS

Wisdom

Providing Wise Counsel
Wisdom Taking the Big Picture View

Perspective

Super Power Mantra: I give great advice!

Virtue: Wisdom

Exploration
Interest Openness Novelty-Seeking

Curiosity

Super Power Mantra: I ask questions. Lots of them!

Virtue: Wisdom

Mastering New Skills & Topics
Systematically Adding to Knowledge

Love of Learning

Super Power Mantra: I learn something from every situation!

Virtue: Wisdom

Ingenuity
Originality Adaptive

Creativity

Super Power Mantra: I do things in a different way!

Virtue: Wisdom

Critical Thinking
Open-Mindedness Thinking Things Through

Judgment

Super Power Mantra: I sniff out the details!

Virtue: Wisdom



SUPER POWERS

Courage

Enthusiasm
Feeling Alive
Vitality ⚡
Energy
Vigor ⚡




Super Power Mantra

Let's Do this!

Virtue: Courage



Integrity ⚡
Authenticity
Truthful ⚡



Super Power Mantra

I tell the truth (almost) all the time!

Virtue: Courage

Speaking Up For What's Right ⚡
Not Shrinking From Fear
Valor




Super Power Mantra

No fear for me!

Virtue: Courage

Finishing What One Starts ⚡
Hardworking
Persistence



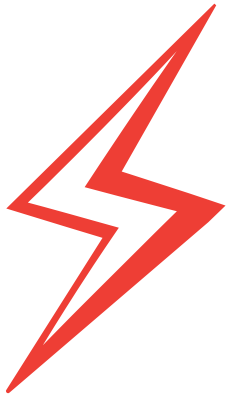
Super Power Mantra

I don't give up!

Virtue: Courage

SUPERPOWERS

Humanity



Both Loving & Being Loved

Valuing Close Relationships with Others

Love

Super Power Mantra

I am warm and a great listener!

Virtue: Humanity

Niceness

Nurturance

Altruism

Care & Compassion

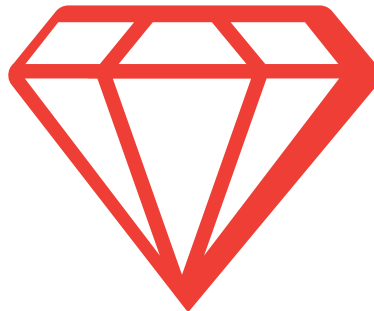
Generosity

Kindness

Super Power Mantra

I am helpful and caring!

Virtue: Humanity



Aware of the Motives/Feelings of Self/Others

Knowing What Makes Other People Tick

Social Intelligence


Super Power Mantra

I get you and understand your needs!

Virtue: Humanity


SUPERPOWERS

Justice



Citizenship

Social Responsibility **Loyalty**




Teamwork

Super Power Mantra


I love to work side-by-side with others!

Virtue: Justice



Organizing Group Activities

Encouraging a Group to Get Things Done




Leadership

Super Power Mantra


I love to organize activities and guide my fellow peeps!

Virtue: Justice



Just

Not Letting Feelings Bias Decisions About Others



Fairness

Super Power Mantra

I treat people the way I want to be treated!

Virtue: Justice

SUPER POWERS

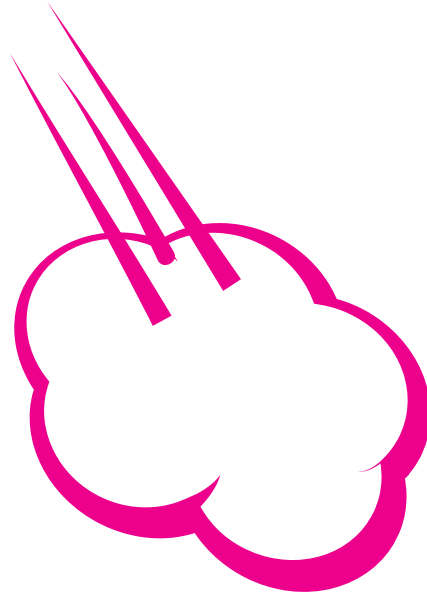
Temperance

Modesty
Letting One's Accomplishments Speak for Themselves

Humility

Super Power Mantra: **I pay attention to others, not myself!**

Virtue: Temperance



Mercy
Accepting Others' Shortcomings
Giving People a Second Chance

Forgiveness

Super Power Mantra: **Let it Go!**

Virtue: Temperance

Careful
Cautious
Not Taking Undue Risks

Prudence

Super Power Mantra: **I think before I act!**

Virtue: Temperance

Disciplined
Managing Impulses & Emotions
Self-Control

Self-Regulation

Super Power Mantra: **I manage my feelings!**

Virtue: Temperance

SUPERPOWERS

Transcendence

Meaning
Faith Purpose
Truth

Spirituality

Super Power Mantra

I look for what's sacred in each moment!

Virtue: Transcendence

Awe
Wonder Elevation

Appreciation of
Beauty & Excellence

Super Power Mantra

I find beauty in nature, art, ideas and people!

Virtue: Transcendence

Expressing Thanks
Thankful for the Good Feeling Blessed

Gratitude

Super Power Mantra

I tell myself and others "thank you" often!

Virtue: Transcendence

Optimism
Future-Mindedness
Future Orientation

Hope

Super Power Mantra

I'm positive, even when others are not!

Virtue: Transcendence

Bringing Smiles to Others
Playfulness Lighthearted

Humor

Super Power Mantra

I laugh a lot, with others!

Virtue: Transcendence

