APPLYING THE PLAYBOOK

CHAPTER 8: YOUR SUPERPOWER ASSESSMENT

IDEAL SETTING

Choose a private and calm space where you can fully focus and reflect, away from your daily working environment, free of technology.

STEP ONE

Fill out your self-assessment. If stuck, take notes of your loose thoughts. One note inspires the next. This is less about a fully curated answer today, and more about the process of internal reflection and discovery of themes as you revisit your first pass.

STEP TWO

Invite your inner circle into the process. Select one (or more) question from each section and reformat it so you can ask the question to others. As a few examples:

- What do you believe I'm exceptionally good at?
- If you saw me as a teacher of any skill in life, what would I teach?
- Of the things you've seen me most passionate about, what do you think I can invest more time and energy into?

STEP THREE

Look for the themes in your responses and the responses of others. These are the cues of your superpowers from which to focus on. Aim to select at least one superpower to create an action plan around. Until you reach this point, revisit these notes every 30 days until you land on one.

It's time to unleash your superpowers!

YOUR SUPERPOWER ASSESSMENT

STRENGTHS

- What are you naturally and exceptionally good at?
- What do people typically ask you for help in?
- What do you like *most* about yourself?
- What do you get complimented on most?

TALENTS

- If you had to teach something, what would you love to teach?
- What are some unusual skills you have?
- What did the most influential mentor(s) in your life see in you that you did not recognize in yourself?
- What comes especially easy to you?

PASSIONS

- What makes you *feel alive*?
- What are the things you obsess about, daydream about, wish you had more time to put energy into?
- As you were growing up, what did you most love doing?
- What activities make you lose track of time?

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