

*What
change
will you
create
in the
world?*

THIS BELONGS TO:

You are here.

First, discover what you uniquely have to offer—and what you need to show up at your best.

What are your superpowers?

MY SUPERPOWERS ARE:

How do you use them now?

DESCRIBE THE SPECIAL TALENTS THAT YOU ARE KNOWN FOR AT WORK OR AT SCHOOL:

DESCRIBE THE ABILITIES YOUR FRIENDS AND FAMILY DEPEND ON YOU FOR:

DESCRIBE HOW YOU SHOW UP IN TOUGH SITUATIONS:

When do you feel at your best?

CIRCLE ONE IN EACH PAIR:

WHEN I'M SUPER STRETCHED	← OR →	WHEN I HAVE LOTS OF FREE TIME
WHEN I'M AROUND OPTIMISTS	← OR →	WHEN I'M AROUND REALISTS
WHEN I'M AT THE CENTER OF IT ALL	← OR →	WHEN I'M ON THE FRINGES
WHEN I FEEL AUTHORSHIP	← OR →	WHEN I FEEL ANONYMOUS
WHEN I'M FOLLOWING DIRECTIONS	← OR →	WHEN I'M LEADING OTHERS
WHEN I'M LAUGHING A LOT	← OR →	WHEN I'M VERY SERIOUS

How do you want to spend your time?

CHOOSE 1-2 OPPORTUNITIES THAT CALL YOU:

WRITING THE STORY		PROVIDING EMOTIONAL SUPPORT	
SELLING THE IDEA	CONDUCTING RESEARCH		DESIGNING BRAVE NEW IDEAS
ORGANIZING OTHERS	ANALYZING DATA		GETTING OUT THE WORD

Second, identify what might get in your way—and ideas for how to get unstuck along your journey.

What makes you feel stuck?

CIRCLE (OR CONSIDER) THE OBSTACLES THAT GET IN YOUR WAY:

FEELING
INSECURE

LACK
OF
ACCESS

PROVIDING
FOR MY
FAMILY

FEELING
BEHIND

PAST BAD
EXPERIENCES

MY FEAR
OR ANXIETY

MY
HEALTH

MY CURRENT
WORKLOAD

RESENTMENT
OR ANGER

MY
COMMUNITY

MY
PARTNER

MY
ACADEMIC
CAREER

FEELING
UNINSPIRED

TOO MANY
CHOICES

BELIEFS
OTHERS HAVE
ABOUT ME

MY PHYSICAL
OR MENTAL
ABILITIES

What would help you get unstuck?

I COULD ADDRESS SOME OF THESE OBSTACLES BY:

LEARNING MORE ABOUT...

DEVELOPING A MASTERY IN...

REINVENTING PEOPLE'S BELIEFS ABOUT...

SEEKING ADVICE ABOUT...

Who will help you get unstuck?

WRITE A LIST OF THE PEOPLE YOU CAN CALL WHEN THINGS GET TOUGH (E.G. FRIENDS, TEACHERS, MENTORS, FAMILY):

WHO IS IT TODAY?

+ _____

+ _____

+ *Staphylococcus aureus*

+ *Staphylococcus aureus*

+ *Staphylococcus aureus*

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WHO ELSE DO YOU NEED?

+ _____

+ _____

+ *Staphylococcus aureus*

+ *Staphylococcus aureus*

+ *Staphylococcus aureus*

✦ **How to use:** This is a very simple and easy to use tool. It is designed to be used by anyone, regardless of their background or experience. It is a great tool for anyone who is looking for a quick and easy way to find out if they are a good fit for a particular job or role.

Third, imagine the best possible future story for yourself—and create a vision to get there.

What impact will you have?

CIRCLE (OR WRITE IN) THE CHANGE YOU WANT TO BE PART OF CREATING IN THE WORLD:

GLOBAL HEALTH	PRODUCT INNOVATION	ANIMAL RIGHTS
WOMEN'S RIGHTS	FASHION AND STYLE	BETTER ADVERTISING
THE DIGITAL LANDSCAPE	AGING	FOOD SYSTEMS
WORLD HAPPINESS	URBAN ENVIRONMENTS	SCIENCE
SYSTEMS OF CONTENT	BIRTH	JOURNALISM
EXPERIENCE DESIGN	TRANSPORTATION	GRAPHIC DESIGN
EDUCATION	RURAL AMERICA	GIRLS EMPOWERMENT
WELLNESS	ENTERTAINMENT	GOVERNMENT
TRANSFORMING SYSTEMS	IMMIGRATION	TECHNOLOGY
POLITICS	GLOBAL WARMING	PHYSICAL HEALTH
WAYFINDING	SEXUAL HEALTH	OTHER:
ORGANIZATION DESIGN	JOURNALISM	
MENTAL HEALTH	ARCHITECTURE	
RELIGION	END OF LIFE CARE AND DEATH	

What’s your future?

WRITE A SHORT VISION STATEMENT FOR THE LIFE YOU WANT TO LIVE:

DESCRIBE HOW YOU WILL FEEL IN THE FUTURE:

IDENTIFY THREE BOLD MOVES YOU CAN TAKE TO GET TO THAT FUTURE:

What’s your action plan?

WRITE 3-5 ACTIONS YOU CAN TAKE IN THE NEXT 30 DAYS TO SUPPORT YOUR VISION:

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IDENTIFY 3-5 RELATIONSHIPS TO NURTURE OR GROW THAT WILL HELP YOU GET CLOSE TO THIS VISION:

+

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+

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SYPartners

SYPartners is a consultancy that helps leaders, teams, and organizations build the capability to transform into more vibrant versions of themselves—so they can grow with purpose, and have a positive impact in the world. For 25 years, we've partnered with executives in some of the world's most influential organizations to help design their futures, including Starbucks, BlackRock, IBM, Google, and Obama Foundation.

SYPartners is based in New York and San Francisco, and is a founding member of kyu, a collective of best-in-class creative firms.

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At our core,
SYPartners believes in
the power of greatness
to change the world.

Greatness can only
exist when humans
show up as the best
version of themselves.
And when human
beings do this,
progress happens.

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