

“In Superpower School, you are going to learn how to co-create with others by expressing complimentary Energies.”

– Coach Dave

3. You may need to **STRETCH**

It may be easy for you to ask people you know to do something like this for you. If so, you are in the minority! Most likely this will be at least a little stretch out of your comfort zone. In the Industrial Age we all learned NOT to ask anyone for anything; don't bother other people who are busy working.

It is a good precursor to Superpower School to ASK others to participate with you. If it is challenging for you, do whatever it takes to push through your resistance and notice how you feel about it during the experience.

4. Life is a game of co-creation!

In Superpower School you are going to learn how to co-create with others by expressing complimentary energies. Life is NOT a game of solitaire and we are much better when we play together with others. But, again, in the Industrial Age we were taught to work on tasks in solitude.

After they send you the 11 Energies that they select you can take it to the next level and have a brief conversation about it with them. **HINT: DO IT!!!**

On the Gamecard



A **POWER UP** is an activity where you listen to audio, read something or do an activity and then share your insights.



Ask 3 Friends about your Superpowers

Choose three people who know you well AND enjoy you! Send them the “See My Superpowers” document linked below.



Share

WHAT TO SHARE: Share about your experience of asking 3 friends to do this activity with you. **NOTE:** There will be another game item where you share about conversations you have with them after they complete the activity.

YOU! Unleashed.

Ask 3 Friends to **SEE Your Superpowers**

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Look for the Game Action on your Gamecard

After you complete this item, a new item will pop up on your Gamecard on the Game Actions tab. This is where you can share about each of your experiences talking about your Superpowers with your 3 friends.

This also gives you a little taste of how the Gamecard is played. Some Power-Up items lead to “Game Action” items popping onto your Gamecard.

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Ask 3 Friends to SEE Your Superpowers

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