

SUPERPOWER SCHOOL

YOU! Unleashed. TM

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5 Shared Values for Superpower School

Before we go too far...

I have been using these methods with my players for many years now and I can tell you that Superpower School is NOT for everyone. So I want to share with you the 5 basic values so you can choose to be here... knowing that everyone in the school shares these values creates a BIG BOOST of Profound BELONGING. Essential to personal growth exploration and experimentation we will be doing at Superpower School!

1 You believe in an intelligent Universe.

Some people believe that the universe is random and that things just happen for no rhyme or reason. Others believe that the Universe is intelligent and that we can look for and learn from this intelligence almost anywhere. There is no right or wrong to this choice. BUT... at Superpower School we are ALL IN on the Intelligent Universe Team.

2 You are up to something BIG and GOOD for the world.

For sure this is an extremely subjective criteria. But I think you know what I mean. You aim to do something that is good for people or good for the Earth in some way. So, for example, if you want to use your Superpowers to sell more cigarettes to teenagers, you are not a good fit for Superpower School.

“You need to be there for your teammates as they experiment with their Superpowers; which can get messy sometimes.”

– Coach Dave

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3 You are willing to expand your self-concept with judgment-free awareness

To thrive in Superpower School you have to be willing to explore and experiment with new ways of being. You must be prepared to walk over the edge of your current comfort zone into the “Transformation Zone”...A LOT. It is really easy to get fixed on being a certain way. At Superpower School you need to be flexible in how you know your EMERGING Self and make space for others to do the same. And since we will be exploring how our YOUnique Energies sometimes get into a "shadow state", the ability to exercise judgment-free awareness is essential!

4 You WANT to be seen in the world

We are all yearning so desperately to be seen for who we really are. That is going to happen A LOT at Superpower School; which is a really good thing. At the same time, it can be a real "freak out" when you are seen AND challenge to go out into the world and do an experiment with your authentic Superpower self. You need to be up for that.

5 You are prepared to invest in yourself and participate fully

Superpower School is a total TEAM environment. We are going to do a lot of amazing things where we support and challenge each other to be more and more powerful in the world. You need to be there for your team mates as they experiment with their Superpowers; which can be messy sometimes! Also, with great power comes great responsibility. So you will need to invest time in deep self-reflection about your power and how you intend to use it.

Still with me? **AWWW YEAH!**

On the Gamecard



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



5 Share Values for Superpower School

Read this brief article and then share a few words of affirmation to confirm your alignment.



Share

WHAT TO SHARE: You can share a simple: “Yes” that you are in alignment with these values. And if there is something about the values than energizes you, or gives you a sense of belonging, please tell us about it.

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