

SUPERPOWER SCHOOL™

YOU! Unleashed. Powered by CoachVille™

Ask 3 Friends to see your Superpowers

The amazing – and confusing – mirror of other people...

One of the BIG ideas that we play with in Superpower School is how we learn about ourselves from the way other people react to us. As human beings we are WIRED for belonging and so we interpret how other people perceive us and use it – mostly subconsciously – to develop our self-concept. This happens more dramatically with the people who are important to us... starting when we are small and throughout our lives. And since each person is a different “mirror” it can get a little confusing. This is not good or bad. It just IS.

SO it is SUPER important to choose the people that you spend meaningful time with. In Superpower School you will discover why your energy resonates with some people and is agitated by others. SOO USEFUL.

1. Think of 3 people who know you pretty well AND enjoy you

The first thing you need to do is think of 3 or more people who you would love to do this exercise with. Choose 3 people who know you pretty well AND **who enjoy you**. (Enjoy is very important) Choose people who will invest a little time in doing this exercise – probably 20 minutes. You are going to send them a PDF that is similar to the one you just used to predict your Superpower Energies. You will see the link to the PDF on the gamecard. Also... here is the link: [See My Superpowers](#)

2. Reach out and ASK them to do this with you.

Next you are going to reach out to each person and ASK them to do this little exercise where they choose your 11 Superpowers from a list of 64. Let them know that it will be interesting and make sure they can give you 15-20 minutes in the next few days.

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“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 exercise 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 exercise with you. **NOTE:** There will be another game item where you share about conversations you have with them after they complete the exercise.

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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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