

# SUPERPOWER SCHOOL

**YOU! Unleashed.** Powered by **CoachVille™**

## Thanks for doing this!

### You SEE Them...

Hi there! Coach Dave here. I am the creator and “Head Coach” of Superpower School.

Your friend is starting an amazing adventure to unleash their Superpowers and play BIG in the world. Sounds awesome right?

Thanks so much for saying “yes” to doing this little exercise with them.

Here is what you need to do...

#### 1. Print page 2 of this playsheet

#### 2. Review the descriptions of the 64 Energies

The 64 “Energies” described on this page are the core content of Superpower School. They are a “Superpower Version” of the ancient I-Ching “Book of Changes.” Your mission is to share the Energies that you MOST see in them.

#### 3. Do a first pass; put a “DOT” next to all of the Energies that feel like your friend

Some “Energies” may resemble abilities that you know they possess. Others may be more of a glimmer that you have noticed but that they rarely, if ever, express. Feel free to use your intuition and inner knowing.

#### 4. Do a final selection; circle the 11 that you feel strongest about

Spend a little time with the list. Hold an image of your friend in your mind as you contemplate each of the energy descriptions. You don’t need to rush through this, but at the same time you don’t need to over think it.

#### 5. Share your results with your friend

One easy way you can share your selections with your friend is to take a picture of the chart and send it to them. Another way would be to send a list the final 11 #'s. THANKS AGAIN for your contribution!

**YOU! Unleashed.**

**What Are Your Friends Superpowers?**

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# What are your friends' Superpowers?

**Step 1:** On your first pass, place a dot next to all Superpowers that sound like your friend.

**Step 2:** Contemplate the energies you selected.

**Step 3:** Circle the 11 Superpowers that **best** describe them.

**01 Creative Self-Expression**

◇ Aligning with universal expansion

**02 Receive Higher Guidance**

◇ And all support

**03 Implement the New**

□ Using principles of organizing

**04 Pursue Answers**

▽ That create understanding

**05 Trust Inner Timing**

□ Attuned to the natural world

**06 Maintain Emotional Balance**

◀ In intimacy and conflict

**07 Support Shared Interests**

◇ The guide at their side

**08 Trusted Agent for Creatives**

□ Impresario of style

**09 Attentive Focus**

□ Fascinated by features

**10 Empowered Self Love**

◇ And appreciation of life

**11 Espouse Ideas**

▽ That promote harmony

**12 Romantic Perception**

□ For a better future

**13 Listen with Acceptance**

◇ Appreciate uniqueness

**14 Excellence with Prosperity**

□ Commitment to becoming skillful

**15 Adaptable Magnetism**

◇ Friends at all levels

**16 Choose then Enthuse**

□ Develop versatile skills

**17 Debate Opinions**

▽ For future well-being

**18 Improve Integrity**

▶ Review everything for flaws

**19 Approach with Sensitivity**

▶ Inner drive to connect

**20 Assured Presence**

□ Anticipate the right moment to act

**21 Take Charge Naturally**

◊ Authority for common good

**22 Gracious with Emotions**

◊ With beauty and affection

**23 Express Complex Ideas Simply**

□ Find what is essential

**24 Inventive Thinking**

▽ Review and rationalize

**25 Innocent Trust**

◇ Accept universal love

**26 Accumulate Material Rewards**

◊ Artfully balance needs

**27 Nourish Well-Being**

□ In many forms

**28 Play with Tenacity**

▶ Meet life's challenges

**29 Commit then Persevere**

□ Never give up

**30 Intense Desire**

◊ With total engagement

**31 Natural Influence**

□ Provide guidance and instruction

**32 Endure by Adapting**

▶ Balance continuity and change

**33 Mindful Narrator**

□ After retreat and recharge

**34 Great Power**

□ Fueled by inner balance

**35 Seek Experiences**

□ Learn from everything

**36 Resolve Crisis**

◊ Ride the emotions

**37 Develop Harmonic Friendships**

◊ Community foundation

**38 Inspired Fighter**

▶ For freedom and underdogs

**39 Dynamic Activist**

▶ Embrace the world mirror

**40 Accomplish Great Feats**

◊ With unshakable resolve

**41 Imagine Fulfilling Experiences**

▶ Emptiness leads to fantasies

**42 Respond and Complete Things**

□ Enjoy growth as a benefit

**43 Breakthrough Perceptions**

▽ Assimilate new concepts

**44 Build Teams and See Patterns**

▶ Alert to instinctive clues

**45 Tribal Leader**

□ Provide wellbeing for your people

**46 Love of Your Body**

◇ Delight and determination

**47 Figure Out How**

▽ Transcend through transmuting fear

**48 Depth of Natural Ability**

▶ Keeping fresh becomes wisdom

**49 Wise Rebel for New Principles**

◊ Timing waves of change

**50 Elevate Tribal Values**

▶ Traditional or novel with merit

**51 Act with Shocking Initiative**

◊ Arousing alternative possibilities

**52 Gain Perspectives through Stillness**

▶ Show restraint

**53 Initiate Experience**

▶ Pressure and desire to expand

**54 Ambition to Advance**

▶ Independent when subordinate

**55 Access to Spirit**

◊ Emotional waves trigger creativity

**56 Tell Meaningful Stories**

□ Travel to find stimulation

**57 Gentle Intuitive Clarity**

▶ Vibrational sensitivity to truth

**58 Joyous Vitality**

▶ The spark to engage with life

**59 Penetrate Barriers to Intimacy**

□ Establish union

**60 Resourceful Facing Limitations**

▶ Practical magic

**61 Inspired by Wonder**

▶ Search for a bigger "why"

**62 Logically Organize Details**

□ Precision planning

**63 Inspired by Doubt**

▶ Critical perception and inquiry

**64 Inspired by Possibilities**

▶ Seeking a perfect answer