

# Uncover Your Superpowers Worksheet

## My **STRENGTHS** (Talents, Skills, Expertise) **Questions:**

What do I do best? \_\_\_\_\_

\_\_\_\_\_

What subject matter(s) do I have more knowledge about than most people? \_\_\_\_\_

\_\_\_\_\_

What Compliments did I receive as a child about what I do well? \_\_\_\_\_

\_\_\_\_\_

What Subjects or Activities Did I Excel at in School? \_\_\_\_\_

\_\_\_\_\_

What has always come easy to me that others struggle to do? \_\_\_\_\_

\_\_\_\_\_

What Do Others Ask My Help For? \_\_\_\_\_

\_\_\_\_\_

What are my unique accomplishments or experiences? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **CONFIRMATION of my Strengths Questions** (What people who know me well say about me):

What have people told me that I was good at? (Family, Friends, Teachers, Supervisors, etc.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What have my past report cards or work performance evaluations revealed about my **STRENGTHS**? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Place a **STAR** next to each of your **STRENGTHS** that have been confirmed by someone who knows you best. These **STRENGTHS** are good indications of your Superpowers.

## My **PASSIONS** Questions (Your **WHY**):

Which of my **STRENGTHS** do I get most excited about? Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which of my STRENGTHS feels fulfilling, enriching, and maybe healing when I engage them? \_\_\_\_\_

What specific subject matter(s) do I find myself wanting to learn more about during my free time? \_\_\_\_\_

What kind of articles do I seem to enjoy reading about? Why? \_\_\_\_\_

What podcasts do I enjoy listening to? Why? \_\_\_\_\_

What types of YouTube Videos do I enjoy watching? Why? \_\_\_\_\_

Who do I constantly “follow” on Social Media? Why? \_\_\_\_\_

How do I usually spend my free time? \_\_\_\_\_

How do I usually express or showcase my Strengths? \_\_\_\_\_

What do I usually spend my money on? \_\_\_\_\_

What activity was I engaged in when the time just seemed to slip away? Which one of my STRENGTHS was I using during that time? \_\_\_\_\_

What are the **common threads, patterns, or themes** in your answers? Connect the Dots! **Circle** the answers that appear on multiple lists. The answers you circled may be your true Superpowers.

Next Step: Make an appointment with one of our Career Development Coaches to identify a WTCC Program that will allow you to further develop and utilize your Superpower(s): **[careers.wakete.edu](https://careers.wakete.edu)**