



# Avi Project

THE COLLEGE PREGNANCY RESOURCE

Superpowers!

# What Are Your SUPERPOWERS?

---

What are your SUPERPOWERS (talents & strengths)? We all have them, and when activated and used daily, they produce a sense of joy and accomplishment in us. It's our sweet spot.

So what are your SUPERPOWERS? What do YOU feel you excel at in your life?

**Write down in your journal at least 6...**

# This Is Where The Fun Begins!

---

YOU see yourself one way while others see you another. We tend to judge ourselves harshly, and we can't see what others who love us and know us can. That is why this exercise is going to be so rewarding for YOU!

- TODAY, send an email to five people in your life who know you well (family and friends) and then another five people who you have worked with in some capacity in the past.
- Ask them to share with you what they believe your talents and strengths are.
- Then ask them to share an instance when you used those strengths in a meaningful way.
- Give them 1 week to return the email to you.

**\*After a week, when you receive your emails back, we will return to this exercise.**

# Sample Email

---

---

Hi \_\_\_\_\_,

I'm reaching out to you because I'm currently working on a Project and I need your honest feedback. I feel a little uncomfortable asking, but I was hoping you could give me a list of five of my strengths as you see them, and any examples/instances where you saw me using them at \_\_\_\_\_ (work, at school, when we volunteered together, etc).

I know you're busy, and I really value your time, so I hope 5-7 days is a convenient amount of time to get back to me.

Once I receive your email, I can move forward in the Project with the information you give me.

Thank you so much, I really appreciate it!

Sincerely,