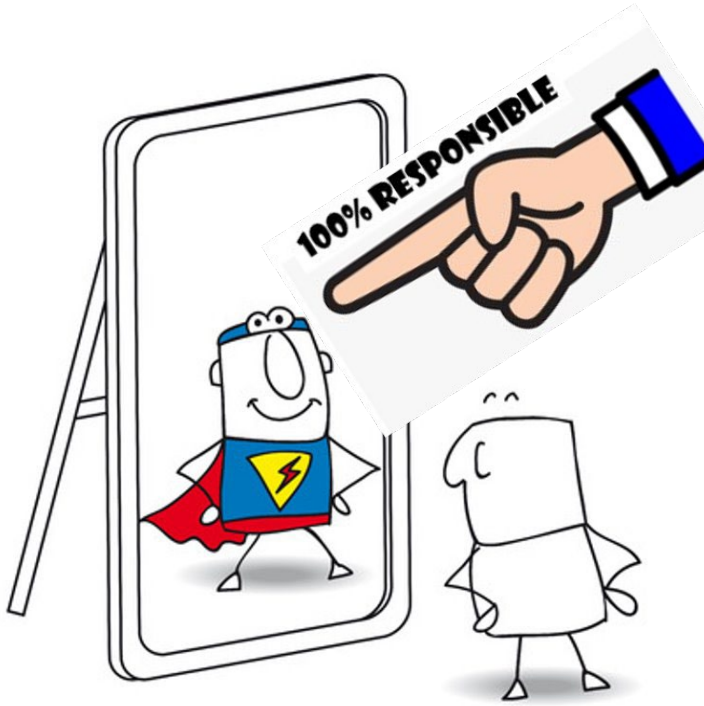


# AM I USING MY SUPERPOWER?

IS THERE SOMETHING I CAN DO OR CHANGE?



- My Attitude
- My Thoughts
- My Perception
- My Choices
- My Actions
- My Manners
- My Response
- Being Offended
- My Effort
- My Opinions
- My Beliefs
- Learning from Mistakes
- Asking for Help
- What I Consume
- My Communication

AM I WEAKENING MY SUPERPOWER BY...

**BLAMING**  
**EXCUSES**  
**ANGER**

**COMPLAINING**  
**GIVE-UP/LOSE HOPE**  
**PROSCRASTINATING**

**DOUBT or FEAR**  
**FLEE or HIDE**  
**SELF-PITY**  
**RATIONALIZING**

