

Week 3 – Affirmations

Find your Superpowers

This page is all about your skills, your talents and your strengths.



**SKILLS + TALENT + STRENGTH =
SUPERPOWER!!!**

Draw a picture of yourself or something that represents you.

Invent yourself an avatar...

Write on or around yourself all the skills, talents and strengths you have. You can add words to this page over the 12 weeks.

REMEMBER NO ONE SKILL, TALENT OR STRENGTH IS BETTER THAN ANOTHER. THEY ARE ALL IMPORTANT AND ARE NEEDED AT DIFFERENT TIMES.

WORDS TO GET YOU STARTED:

Active Adventurous Athletic Brave Bright Brilliant Calm
Capable Caring Charming Cheerful Clever Compassionate
Confident Considerate Cooperative Courageous Courteous
Creative Enthusiastic Exciting Extraordinary Focused Forgiving
Friendly Generous Gentle Good-natured Grateful Happy
Hardworking Helpful Heroic Honest Hopeful Intelligent Inventive
Joyful Kind Lively Loving Loyal Neat Nice Optimistic Organized
Passionate Patient Peaceful Playful Polite Principled Reliable
Respectful Responsible Self-disciplined Selfless Sincere Skilful
Strong Sweet Thoughtful Trustworthy Understanding Unselfish
Wise