

Tools to help you optimize your life.

Finding your superpowers



You are the hero of your story. One awesome thing about heroes is that they have superpowers, and so do you.

Every one of us has things we're good at. These are typically things that come easily to us or things we enjoy. This might seem silly but these things, which you've had or built throughout your entire life, are YOUR superpowers!

Every now and again, we fall into the trap of listening to that little voice in our head that tells us, "I'm just average," Or "There's no way I can reach that goal."

Those are totally normal and natural thoughts. But, they creep into our brains and keep us from stepping up and using our superpowers.

Don't listen to this little voice. Your thoughts control your actions. Listening to those thoughts will most likely keep you stuck right where you are.

Pause and make a list of things that come easily or naturally to you, things other people ask you for help with or things you enjoy doing. Think about the things that people have said that you are good at throughout your life.

When you start taking on your challenges, applying your superpowers as often as you can will help you achieve your goals more quickly than you ever expected.

Keep that list of superpowers handy because in the next message we are going to talk about putting together a plan, and those superpowers will be an important part of the plan.

Stay awesome, and I look forward to connecting with you soon!

-Tom