

5-8: From Strength to Superpower!

Think of some of the positive aspects of your personality, also known as your character strengths. Now, think of one positive trait in particular and imagine that it's your superpower. What cape would you wear?

LEVEL UP – Now that you've decided on your main superpower, what underlying abilities support you in times of stress? Consider your top 6 strengths, then the next time you find yourself in a stressful situation, lean on them to persevere.