



a monthly newsletter from

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helping people create happier, more passionate lives!

Everyone is a Superhero!

As everyone plans their Halloween costumes, a lot of people believe a costume choice is a reflection of a person's alter ego. Today, let's explore the idea of looking inside to find the Superhero in you - the one that is already fast, strong, powerful, mighty, able to leap tall challenges with a single decision. Everyone has superpowers. Everyone. The trouble is most people allow those powers to lie dormant, unrecognized and unappreciated, for most of their lives.

I am fortunate to be surrounded by amazing people with awesome superpowers, which I'm sure they typically don't realize they have. But when I see them, I know them right away. Maybe that's my superpower...being able to see the powers in others. Hey, I'm the Super Seer!

Here are some of my SuperFriends:

The Recharger - The Recharger has an amazing ability to pick me up, no matter what. When this person walks in the room, I nearly instantly feel better. It's as if The Recharger taps into my energy supply and immediately replenishes it.

Captain Positivity - Captain Positivity can look at any situation and see the bright side. This person never lets the world's craziness determine their feelings for that day. Rather, Captain Positivity chooses the feelings to be embraced each day. When Captain Positivity shows up, I know I'm going to feel better about the world.

The Reflector - I really appreciate having The Reflector in my life. This person's superpower is to let me see MY truth. The Reflector behaves like a mirror for me, and helps me point myself in the right direction. When I am behaving in a way that is not desirable for me, The Reflector gently shows me what I'm doing, and supports me in making a better choice.

Lady Loyal - Lady Loyal is ALWAYS the captain of "Team Carol". Lady Loyal defends me and protects me. She steps in when it looks as though someone is trying to take

advantage of me. She reminds me how strong I am, never lets anyone put me down, and never, never, never lets me put myself down!

Forgive and Forgetter - No matter what I do, no matter what stupid things I say or what thoughtless things I do, the Forgive and Forgetter is like having a magic eraser. This person has a great superpower to be able to hear what I MEAN instead of what I say. The Forgive and Forgetter understands that I am occasionally inarticulate, and accepts me anyway. The Forgive and Forgetter never beats me up, and never lets me beat myself up either.

The Wonderstander - The Wonderstander is amazing. This person gets me. Totally. There's never a moment when I feel stupid or foolish around this person. Sometimes I don't even have to say anything. I simply look at The Wonderstander, and I know I've been understood. In fact, it's way beyond "understanding". It's "WONDERstanding".

I have many, many other superheros. Too many to list. Each one is important, and each one makes a difference for me. My life is better because of my Superheroes. They show up in the perfect moment, they use their superpowers, and they always leave me feeling restored. And, truthfully, I bet they don't even know how many ways they impact my life.

PLAYTIME

So, who are you? What is your Superpower? How do you show yourself to be a Superhero every day? And, who are the Superheroes in your life, the ones that make a difference for you? For the next few days, I want you to pay attention to your own superpowers and those of the Superheroes who swoop in and help you. When you've identified your superpowers, and the powers of those around you, give each of you a superhero name.

Maybe you'll even create a superhero costume for Halloween!

Grab your tights and cape, and away you go!!!