

EQUILIBRIUM

Your Total Wellbeing & Resilience Guide

PART 03

CONNECTION



Finding Your Superpowers

by Sean Hall

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RAWenergy
Resilience - Authenticity - Wellbeing



Thanks Benjamin for that great intro to Astrology.

Now it's time to learn more about our superpowers! Yes, we all have them.

Welcome back Sean Hall, who is Chief Energiser and CEO of Human Performance company, EnergX.

Finding Your Superpowers

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Often when we think about our strengths, we focus on what we do, the things that we are good at.

In recent times, research into the whole field of positive psychology has discovered focussing on our character strengths - who we are, rather than what we do - has a huge impact on our overall wellbeing and happiness.

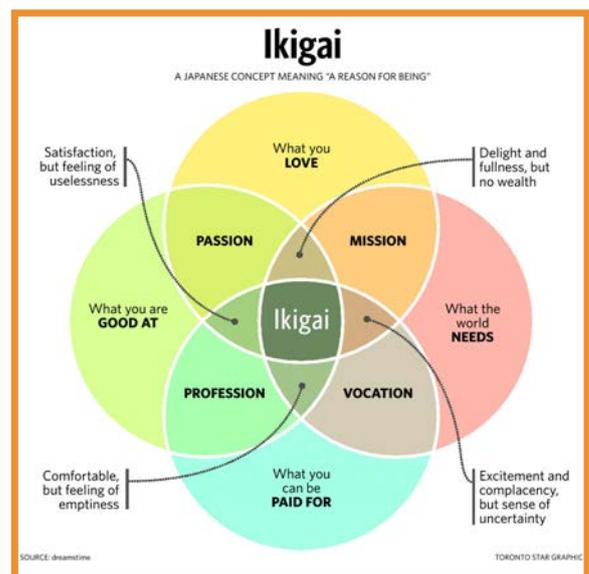
There are multiple practical applications of your superpowers. The more you use them, the greater the impact on your wellbeing. For example, if you start with your Top 5:-

- You can use them as a way to start your day with an "I am" affirmation. Say out loud "I am [your name] and what I appreciate about me is that I am [your Top 5 strengths]."
- For each of your Top 5, think of creative ways you can direct them towards other people e.g. how many ways can you be kind, how many ways can you be brave and so on.
- Think of ways that you might apply your Top 5 to yourself e.g. what might you need to be honest with yourself about how to improve your wellbeing; how could you be more loving to yourself etc.

You can even use your strengths to discover your purpose.

My favourite framework is inspired by the residents of the island of Okinawa. These islands at the southern end of Japan have historically been known for longevity, once called the land of immortals. Okinawans have less cancer, heart disease and dementia than Western nations, and women there live longer than any women on the planet. You may have heard that the reason for their health and longevity is due to their diet, however Okinawans also have a strong sense of purpose in life, a driving force that the Japanese call "ikigai".

The framework below shows the components of your ikigai. You can use it as a way of collecting data. Your superpowers are a scientific set of data that confirm what you're good at.



It's a great idea to create your own Ikigai board and get all your ideas out of your head. You know what you love. Next, have conversations with people you trust and capture ideas for the other circles. Then look for the connections between the circles to look for clues and design career prototypes that you can test to ultimately take charge of your career, do more of what you love, and even get paid for it!

You can discover your character strengths, or superpowers as we like to call them, in just 10 minutes by **clicking here**. There's even a youth version you can select for 10-17 year olds.

Once you have completed the survey, download the free version of your report by:

1. Scrolling down past the number "24"
2. Click on "PRINTER FRIENDLY RESULTS" to download :)
3. BOOM!

Your report has your superpowers ranked from 1 to 24.

Our superpowers are a great way to connect, value and energise each other. Try these:-

- **Do the assessment with your teammates** and make a map of all your connections and overall diversity of your strengths. Are there any superpowers missing that are potential blind spots you have as a team?
- **Do the assessment with your loved ones** and share stories of when you've seen their superpowers in action. What happened when they were used well?

Watch this short video for more on the science of character.



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*"Be humble, for you are made of earth.
Be noble, for you are made of stars."*

- Serbian proverb

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