



Your Mom Skills

MODULE 1: HOW to BUILD YOUR SUPERPOWERS

One of the most effective ways to build your superpowers is to add skills that enhance your strengths. What other skills can you think of to build upon your gifts?

IMPROVER	Skills to Develop		
Planning	Time management	Calendars	
Compassionate	Emotional Intelligence	Counseling	
Conscientious	Laws/Rules/Bible	Manners	
Quality-Conscious	Best Practices	Research	
Academic	Teaching	Learning Methods	
CONNECTER			
Optimistic	Visioning	Reframing	
Expressive	Communication	Speaking	
Social	Social Intelligence	Hospitality	
Adventurous	Trends	Brainstorming	
Encouraging	Empathy	Motivation	
DOER			
Motivating	Coaching	Habit Formation	
Decisive	Boundaries	Values	
Organized	Prioritization	Minimalism	
Multi-Tasking	Goals	Planners	
Brave	Risk Assessment	Confidence	
STABILIZER			
Diplomatic	Common Ground	Mediation	
Nurturing	Empathy	Caretaking	
Loyal	Communication	Awareness	
Patience	Trigger Awareness	Understanding	
Peaceful	Conflict Resolution	Mindfulness	