



Your Mom *Strengths*

MODULE 1: HOW DO your PEOPLE NEED your SUPERPOWERS?

IMPROVER	CONNECTER	DOER	STABILIZER
Planning	Optimistic	Motivating	Diplomatic
Compassionate	Expressive	Decisive	Nurturing
Conscientious	Social	Organized	Loyal
Quality-Conscious	Adventurous	Multi-Tasking	Patient
Academic	Encouraging	Brave	Peaceful

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pp. 79-82

pp. 137-141

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Thinking about the needs of each person, how might you apply each superpower to help them?

Superpower	Spouse	Child 1	Child 2	Child 3	Child 4
1.					
2.					
3.					
4.					
5.					