

ACTION SUPERHERO WORKSHEET

You are an **Action Superhero** when you integrate the lessons that turnarounds teach you. Acting upon those lessons hammers them home and makes you a more honest, compassionate, and value-driven human being.

Clarifying those lessons and how they can be turned into action is key for making that shift. Below, you'll be writing down your original belief, every turnaround you came up with for the belief, three reasons why it's true, and three actions you can take to integrate your new understanding into your life. Actions may include:

1. Taking responsibility for your behavior and apologizing when necessary.
2. Treating yourself and others the way you would like to be treated.
3. Fearlessly taking a step towards a goal you've been avoiding.

My original belief:

Turnaround:

Turnaround:

Turnaround:

Three reasons it's true:

- 1.
- 2.
- 3.

Three reasons it's true:

- 1.
- 2.
- 3.

Three reasons it's true:

- 1.
- 2.
- 3.

Three actions I can take to integrate this new understanding:

- 1.
- 2.
- 3.

Three actions I can take to integrate this new understanding:

- 1.
- 2.
- 3.

Three actions I can take to integrate this new understanding:

- 1.
- 2.
- 3.

You might not be wearing a cape, but taking on these actions will not only bring you more peace and joy, but also pride and self respect that you're living in integrity with your values. Go **Superhero!**

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