

## Bounce-Up™ Chapter 5

### ACTIVITY: SUPER-SIZE-YOU POWERS



*Read the chapter, reflect, then respond to the targeted questions.*

1. List two to three accomplishments you're proud of obtaining. (Psst. You can list more, then choose your top two.)

2. What did it take to achieve it? Think about your skills, actions, and strengths. (Ex: Creativity, discipline, resoucefulness)

3. What challenges did you face while reaching the achievements above? (Ex: Worked while getting a degree)

4. How will your **Super-Size-You Powers** help you create significant actions to reach your goals.

Super-Size-You Power	I will use my Super Power to: