



5 Superpowers You Gain by Spending Time Alone

This worksheet will help you focus your time alone on developing 5 superpowers that will help you achieve your personal growth goals.

First things first, you're going to have to schedule your time alone. Go ahead. Put it in your calendar right now. Even if it's only 5-10 minutes. Try to schedule time alone on at least 2 days this week.

The first thing you can do during your time alone is work on this worksheet.

Turn your phone off, silence your notifications, put some inspiring background music on, and go for it.

Superpower #1 Self-Awareness

Sit and just let your thoughts come and go. Jot some of them down here.

Do you see any patterns in the thoughts you wrote down? Is there something you're worrying about? Something that's bugging you? Something you're looking forward to? Something you want to do but haven't found the courage yet? Someone who comes to mind?

What do you think your inner voice is trying to tell you?

The first time you do this, you probably aren't going to come up with much, but if you keep at it, you will. And you will start to see patterns emerge. Be patient and trust the process of becoming more self-aware.

Superpower #2 - Make a New Friend

What don't you like about yourself? Be honest!

Are these things you can change or are willing to change? If so, what's one action you can take to get started?

If there are things that you can't control or aren't willing to change, really think about why you don't like that about yourself. Maybe it's because other people don't like it. Forget them. Is it something you can accept even if others can't?

Write an affirmation to tell yourself that.

Keep working on accepting yourself and writing affirmations. Along the way, you'll become your own best friend.

Superpower #3 - Emotional Self-Sufficiency

Do you rely on others for your happiness? Who? In what way?

Whatever you are getting from that person(s), is there a way you can give that to yourself? Or at least not rely on that person as much. (Hint: Go to Pinterest or YouTube and start searching. There are tons of bloggers, vloggers, and podcasters out there to help you gain emotional self-sufficiency. Including me 😊 You might be able to find some ideas that way.)

A fun way to work on your emotional self-sufficiency is by journaling your Delights. This will help you recognize the fact that you can create your own joy. Copy this link into your browser to learn about Delights.

<https://theexpectationgaps.com/an-inspired-way-to-embrace-joy-an-introduction-to-delights>

Superpower #4 - Do What You Want

What are a few things you enjoy doing by yourself?

What are a few things you only do by yourself? Your guilty pleasures?

What are a few things that make you feel like a kid again?

Schedule time to do some of these things every week.

Superpower #5 - Individuation

Describe the persona you have created for yourself? Who do you present to the outside world? You might have multiple personas - a family persona, work persona, friend persona, etc.

What parts of this persona(s) feel fake to you?

What parts of yourself are you repressing?

Allow yourself time to process your thoughts about the parts of yourself you are repressing. Ideally, you will be able to accept these parts of yourself so that you can release the parts of your persona that feel fake.