



March 23, 2023

I'm going to say something bold. I have many superpowers. And they go beyond my ability to remember pretty much all lyrics from any 80s pop song you can name.

(Seriously. Next time we talk, feel free to test me on this. You'll be amazed!) 😂

Some of my *other* superpowers include:

- ✨ Helping others understand and achieve their potential.
- ✨ Connecting, communicating and collaborating with a variety of personality types in a proactive and engaging manner.
- ✨ Bringing both empathy and structure to the work I do with leaders and teams.
- ✨ Intelligence, resourcefulness, trustworthiness, and kindness.
- ✨ Communication that is direct, compassionate and vulnerable.
- ✨ A sense of humor - I don't take myself too seriously.

You may be thinking to yourself, "Wow, Tracy feels pretty darn good about herself, and she's not afraid to tell me!"

Well, let me also tell you a few things about what it took for me to believe in the above - and to be able to voice them out loud.

**1** I didn't just come up with these on my own. What you see in the list above is what I often hear from others, like friends, family, colleagues, and clients.

**2** It's actually not that easy for me to talk about myself in glowing terms; however, if I don't say them out loud, and don't share them with others, it's harder for me to believe in myself. By acknowledging my superpowers, I actually live into them MUCH more easily.

**3** I'm constantly asking my clients to believe in themselves and to lean into what they do well. If I'm asking that of them, I have to show up in the same way. Otherwise, what's the point?

I recently had a session with someone who is feeling stuck in her career. She's a high achiever and a person who deeply values helping others. She is particularly interested in leaving her current field and looking for a role in a different industry, where she can feel like she's making an impact. However, she told me she has been having a difficult time "selling" herself, because she is unable to articulate her strengths.

She's been beaten down, and despite being smart, driven and hard-working, she felt unable to talk about what she's good at.

I asked her a simple question: what would others say you do well?

She thought about this question, and listed off a couple of things. I asked "what else?" and she listed off a few more. We kept this pattern going for a little while - with my input as well - until we had an extensive list.

After this, I read the list back to her.

She couldn't believe it. She realized that she has multiple superpowers, but for some reason, seeing them for herself was too difficult, likely because she's been stuck in a rut for so long.

If you ever have a hard time articulating your superpowers, ask yourself the same question, or a variation of, what I asked her: What would your best friend say are your superpowers? Your favorite co-worker? Your mentor?

I can almost guarantee you, you'll look at yourself through a new, wildly uplifting lens.

And from there, showing up as SUPER-you will be a breeze.

If you've been too nervous to voice your superpowers out loud - feel free to share them with me. I'd love to hear them - and to celebrate you!

All the best, Tracy

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I have 3 1:1 coaching spots open in April for emerging leaders and established leaders who are ready to live their superpowers out loud and show up confidently in their day to day. If this is you or someone you know, [book a FREE discovery call here!](#) 📱

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And if you are looking for a little assistance with delegation, you can [download my free Delegation Cheat Sheet here](#). Let me know if it helps!