

# 's SUPER JOURNAL



**H**eroism isn't just about how strong or fast you are. It's about who you are inside. By using your virtues and talents to help the world, you *are* a hero.

When Lightning and Luna became Uplifters, they received a magical book with guidance about their superpowers. You can think about *your* life journey and powers by keeping a hero's journal. In it, you can reflect on your strengths, goals, dreams, and paths of service. Use this page to get started!



Draw yourself as an Uplifter and design the symbols of your strengths and virtues on your superhero suit!

My superpowers:

Qualities that make my character strong:

Some of my goals for the future:

Ways I can help others:

Activities I love to do:

People and things I'm thankful for:

A quote that inspires me:

One of my heroes and why: