

PRACTICE YOUR POWERS

“We all know and admit that justice is good, but there is need of volition and action to carry out and manifest it.” —‘Abdu’l-Bahá

The Uplifters have amazing superpowers—like x-ray vision, super speed, or invisibility. But that’s not what makes them heroes. They can only use their superpowers for good causes, so their fantastic feats are fueled by virtues, such as justice, courage, and service to humanity.

Like the Uplifters, we all have qualities that empower us to be active world citizens. Being a

hero is a state of mind and heart. Just as you train your muscles with exercise, you can pump up your powers with practice. Try activating patience when you’re not getting along with a sibling. Strengthen your service by being helpful to family and neighbors. Engage your empathy by encouraging friends when they face challenges. When you combine your talents and virtues to help others, you’re a true hero!

Find nine hidden letters at the Uplifters’ training camp:



Use the letters to complete virtues that can pump up your powers.

- 1 W RE E
- 2 CO IDE CE
- 3 EL UL E
- 4 UMILI
- 5 LI E I G
- 6 O IMI m
- 7 RO LEM - OLVI G
- 8 ER EVER CE
- 9 RELI ILI