



Discover Your Inner Superhero



**ACTIVATE YOUR UNIQUE
SUPERPOWERS AND
BECOME UNSTOPPABLE**

by Nadine Hinds

YOU'RE ALREADY A HERO!

*Hi Lovely*

First things first: **You don't need to become someone else to be powerful.** I would like you to **remember** who you are beneath the overwhelm, the pressure to perform 24/7, the perfectionism and the fear of failure.

And let me be clear: This is not about pretending to be fearless or invincible. It's about discovering your **unique strengths, your quiet power, your boldness, your boundaries, your softness** — all the parts of you that are already there and make you resilient and unstoppable, even when you're struggling.

There's a version of you who's braver than your fears, wiser than your doubts, and stronger than your setbacks.

She's been with you all along.

You may not always see her — especially on the days when self-doubt is loud, your to-do list stretches over several pages, and you feel like you're barely holding it together.

But she's there. Waiting. Ready. Whispering.

*"You've got this, girl. I'm here.
Let's do this together."*



This workbook is about meeting that version of you: your own inner superhero.



ONE LAST THING BEFORE WE BEGIN ...

You don't need to do this perfectly.

There's no right or wrong answer.



This is YOUR superhero, YOUR uniqueness, YOUR story.

Let it be fun. Let it be messy. Let it be authentic.

Your only job is to **show up for yourself** — courageously and imperfectly. If you find yourself stuck at one step, simply move on to the next. Progress doesn't have to be linear — sometimes, shifting your focus is exactly what brings the clarity you need.

Now, let's go find her*.

With love and power,

Nadine xxx

Your Superhero Sidekick

*for simplicity's sake, I'll use the pronouns "she/her" in this workbook. On your journey, don't let yourself get distracted by that and use whatever pronouns feel right for you, darling 



HOW DOES IT WORK?

I know what it's like to buy a shiny new course, full of excitement.. and then never quite get around to it 😊 So **commit to working through this workbook**, one exercise at a time. Take the time you need — **progress over perfection** — and keep that promise to yourself.

If life gets in the way, come back to where you left off. Set yourself a realistic date when you'd like to finish, and make space in your diary for it. Imagine how cool it will be **to have your own superhero** to rush to your aid whenever you need her! This is such a creative, deep and fun process — give yourself the chance to enjoy it.

THE JOURNEY WILL GUIDE YOU THROUGH THESE STEPS

1. Reflecting on your personal origin story
2. Naming and claiming your unique superpowers
3. Giving her a name
4. Designing your superhero's identity, look, and energy
5. Creating her power motto
6. Define real-life moments where you need her most
7. Put her on speed dial for instant support and anchor her in your daily life



I recorded **3 visualisations** marked with  that will help you on your journey to gain more clarity and ease with this process.

By the end of this workbook, you'll have a vivid, powerful image of your inner superhero — a version of you that feels like a cheerleader, a mentor, and a protector rolled into one.

Take a nice notebook, colourful pens or this workbook on your laptop and let's get this party started!



1) THE ORIGIN STORY - WHAT SHAPED YOU

Every hero has a story — an experience that shaped them. **Your story matters.** It's the **foundation** of your power.

For example **Jean Grey** (Marvel's X-Men) who was an introverted, sensitive girl when her powers first awakened — telepathy and telekinesis triggered by the trauma of watching her best friend die.

That moment changed everything. Suddenly, she could hear people's thoughts, feel their pain, move objects with her mind ... but she couldn't always control it.

She constantly battled self-doubt, terrified of hurting people she loved and afraid of what her powers said about who she was.

Even when she joined the X-Men, surrounded by people who believed in her, she felt too much — too emotional, too powerful, too unstable.



Through boundaries, self-reflection, and time, she learned to hold both her gentle humanity and her immense power in balance. She rose as a woman who fully owns her fire!

Jean's story is about:

- Feeling like your emotions are too big, too messy, too intense
- Fearing the part of you that feels too much
- Struggling with self-doubt and the challenge of being sensitive
- Losing yourself in trying to control it all
- Then rising by leaning into your own power instead of fearing it



Every superhero has experiences that shaped who they are and what they stand for. Yours matters too. It can reveal

- strengths you've overlooked,
- values you care deeply about and
- qualities you'd like to grow into.

Your story doesn't need to begin with a deep crisis. A **quiet turning point** can be just as meaningful as a **life-changing event**.

Maybe you moved to another country, took a bold career leap or found your feet after heartbreak. Perhaps you faced a health challenge or lost someone you loved. Or maybe you learned something you thought you couldn't do, spoke up in a crucial moment when you'd usually stay quiet or finally said a much-needed "no" that changed something inside you.

It could be a time when everything fell apart, a time when everything came together or a small moment when you surprised yourself. 

Go gently here — your story can be deep without revisiting your deepest hurt. **Choose an experience that feels manageable to reflect on today.** You don't need to pick your most painful memory, describe difficult details or find a silver lining. Something being in the past doesn't necessarily make it easy to revisit.

If you feel overwhelmed, panicky, numb or disconnected, put the pen down and bring your attention back to the room around you, to your feet connecting with the floor, and take slow breaths. You can choose another experience or move on to Step 2. **Committing to yourself also means respecting your limits.** If difficult memories keep surfacing, explore them with a qualified therapist rather than pushing through alone. 



Now it's your turn: Choose one experience or season of your life that shaped you. Write as much or as little as feels useful — a few sentences are enough to begin.

You don't have to turn your experience into a perfect story of triumph. **Let it be honest.** Every part of your life shaped you into the wonderful being you are today. 

These questions can guide you in writing your story. You don't have to answer them all:

- *What experience have you chosen, and why does it matter to you?*
- *What specific struggles did you face?*
- *What supported you? Think about your own qualities as well as people, places or practical things.*
- *What did you do that you'd like to give yourself credit for? Perhaps you asked for support, tried again, protected a boundary or showed someone kindness.*
- *What did you discover about your strengths, needs or values? It's okay if you're still figuring that out.*
- *How did you grow, even if it didn't feel perfect?*







2) CHOOSE YOUR SUPERPOWERS

Your powers are a mix of strengths that are already part of you, strengths you wish to grow into, and superhero-style powers for symbolic meaning. Let's name them.

Listen to **Visualisation 1: Meet Your Superhero** as additional support. Look at your own story, asking yourself these questions:

- *What are the strengths and skills that helped me through the tough times? (empathy, boundaries, problem-solving, ...)*
- *What superpower did I wish I had during this challenge?*
- *What do I want to feel like when I reach out to my inner superhero for help? Do I need her to be brave, empathetic, able to say no, make me feel safe ...*



For example: "My perfectionism stood in the way of making progress and _____ (add the strength) would have helped me to move past it."

The lists on the next pages help you pick your superhero's powers.

- Less is more! **Focus on**
 - **what you've learned or discovered during this experience** and what you haven't been aware of as a strength of yours.
 - **what benefits you with your main struggles** and will help you grow and overcome them.
- **Make it fun**, this is a creative process and your inner superhero should feel amazing and powerful.
- Pick **a mix of real-life superpowers**, rooted in strengths and emotional mastery, **and classic superhero-style powers** for fun and symbolic meaning.



REAL-LIFE SUPERPOWERS

Let this list be an inspiration and pick the ones that feel authentic and are connected to your story from Step 1. Pick a **maximum of 5 real-life superpowers**.

- Empathy
- Creativity
- Resilience
- Intuition
- Courage
- Patience
- Curiosity
- Focus
- Adaptability
- Integrity
- Confidence
- Clarity
- Generosity
- Presence
- Determination
- Openness
- Imagination
- Closeness
- Humour
- Faith
- Trust
- Precision
- Humility
- Spontaneity
- Endurance
- Authenticity
- Honesty
- Flexibility
- Boldness
- Softness
- Compassion
- Playfulness
- Grit
- Stillness
- Discipline
- Vision
- Kindness
- Optimism
- Grounding
- Assertiveness
- Leadership
- Balance
- Awareness
- Initiative
- Passion
- Forgiveness
- Attunement
- Self-love
- Devotion
- Responsibility
- Grace
- Sensitivity



CLASSIC SUPERHERO-STYLE POWERS

Which of these powers would make your superhero invincible and give you a sense of **safety** and **self-confidence**? And why? **Pick a maximum of 3 superhero-powers.**

- **Invisibility Cloak** – choose when and how to be seen
- **Time Travel** – go back to heal old wounds or travel forward to your future self
- **Shape Shifting** – adapt to environments while staying true to yourself
- **Force Field** – deflect toxic energy, shame, or comparison
- **Teleportation** – instantly shift out of stuck places
- **X-Ray Vision** – see beyond the surface and read people's intentions
- **Lightning Speed** – take aligned action quickly when it matters
- **Flight** – rise above doubt and small thinking
- **Super Strength** – lift emotional weight with grace
- **Telepathy** – sense what others feel without them saying it
- **Healing Hands** – soothe others and yourself with touch or presence
- **Energy Blast** – break through blocks with inner fire & compassion
- **Truth Lasso** – get people and yourself to speak from the heart
- **Waterbending** – flow, adapt, and soften resistance
- **Phoenix Fire** – burn down what no longer serves you and rise again
- **Mind Shield** – block limiting beliefs and negative self-talk
- **Sonic Voice** – when you speak, you move mountains
- **Nature Whisper** – ground and recharge through connection to earth
- **Star Portal** – connect to something bigger — purpose, spirit, the divine
- **Mirror Magic** – reflect yours and people's true beauty and worth back to you and to them



MY SUPERPOWERS ARE ...

Write down all your superpowers and add your WHY. Your inner superhero is with you for a reason: to help you be brave, set healthy boundaries, get organised, and show up for yourself. **Your WHY gives you clarity and awareness** of the most beneficial superpowers for you.

- *My superpower is _____, because*
- *I wish I was more/had more of _____, because it would help me to*



3) GIVE YOUR SUPERHERO A NAME

Naming your superhero makes her palpable, memorable, real, and personal.



The name could be fierce, mystical, silly, poetic, or powerful.

- *What would you call the most courageous, powerful version of you?*
- *If your most confident, grounded self had a name, what would it be?*

A great name might pop up easily for you. If not, try this fun and playful **Name Generator** to inspire you.

CHOOSE ONE WORD FROM EACH COLUMN

COLUMN A: ENERGY AND ESSENCE

- | | |
|--------------|------------|
| • Radiant | • Daring |
| • Silent | • Rising |
| • Wild | • Quiet |
| • Bold | • Blazing |
| • Sacred | • Bright |
| • Gentle | • Cosmic |
| • Shadow | • Soft |
| • Fierce | • Stormy |
| • Golden | • Untamed |
| • Whispering | • Luminous |
| • Mystic | • Grounded |
| • Infinite | • Rebel |
| • Empathetic | • Magnetic |



COLUMN B: ARCHETYPE AND SYMBOL

- Warrior
- Muse
- Sorceress
- Flame
- Star
- Rebel
- Bloom
- Alchemist
- Queen
- Panther
- Phoenix
- Shield
- Wave
- Storm
- Seer
- Healer
- Lioness
- Visionary
- Oracle
- Siren
- Witch
- Blaze
- Arrow
- Empress
- Guardian
- Valkyrie

PUT IT TOGETHER

For example: *Quiet Storm*, *Radiant Warrior* or *Mystic Phoenix*!

And to make it even more fun, that's what they could look like 😁



MY INNER SUPERHERO'S NAME IS:

write it below, **BIG & BOLD!**



4) DESCRIBE HER LOOK & ENERGY

Let's bring your magical superhero to life! Giving her a specific look and feel makes it easier to channel her in the moments you need her support.



From the steps before, you already gained an internal picture of her and her energy. In this step, we make it visible. You may want to create a collage, a vision board, draw her, doodle or let AI help you create a vision of her – **whatever feels good for YOU!**

- *What's her style? Does she wear an armour, a flowing cape, nerdy glasses or does she have wings? Maybe she looks like a medieval princess, a curvy 50s model, or a futuristic queen.*
- *Does she carry bow and arrow, a magical wand, a powerful shield, or is she able to throw fireballs? There are no limits, baby! 😊*
- *Is she all human or a mythical creature? Or a mix of both?*
- *What colours represent her best?*
- *What's her posture, facial expression, walk like?*
- *What feeling does she radiate: groundedness, passion, freedom, safety, peace?*

COLOURS AND THEIR MESSAGE

This list of colours and their meaning may give you an idea what matches your superhero.

This is not a complete list. Meanings of colours can vary across cultures and contexts. For example, white is associated with death and mourning in some cultures, while in Western cultures it's typically associated with purity and innocence.

So, again, pick what feels right and authentic for YOU!



- **Red:** passion, love, energy, danger, anger, excitement, luck, happiness
- **Orange:** energy, enthusiasm, happiness, vitality, optimism, creativity
- **Yellow:** happiness, joy, optimism, hope, intelligence, warmth
- **Blue:** calm, tranquility, trust, responsibility, wisdom, serenity, stability, spiritual connections, loyalty
- **Green:** nature, fertility, growth, harmony, abundance, peace, good luck, balance
- **Purple:** creativity, royalty, wealth, luxury, spirituality, mystery, imagination, wisdom, independence, mystery
- **Pink:** femininity, kindness, affection, playfulness, romance, tenderness, sweetness
- **Tan/Beige:** conservative, earthy, natural, comfort, calm, reliability, stability
- **Gold:** wealth, luxury, achievement, divine qualities, warmth, optimism, prosperity
- **Silver:** elegance, grace, wealth, innovation, clarity, intuition, protection
- **Bronze:** durability, strength, nobility, wealth, achievement
- **Black:** mystery, elegance, power, sophistication, unknown, rebellion, authority
- **White:** purity, cleanliness, innocence, peace, clarity, simplicity, neutrality
- **Gray:** neutrality, formality, balance, stability, professionalism, sometimes associated with dullness
- **Brown:** nature, earthiness, warmth, wholesomeness, comfort, dependability, stability, simplicity



THIS IS WHAT MY SUPERHERO LOOKS & FEELS LIKE ...





5) CREATE A POWER MOTTO

Your superhero is your own personal cheerleader. She's there when you need a pick-me-up, a pep talk or even a little kick in the butt 😊

And like every cheerleader, she has an inspiring slogan or maybe even a war cry, whatever suits you and her best. These questions will help you to come up with your **personal power motto**. Pick the questions that appeal to you the most. There is no right or wrong answer, the motto only needs to speak to you.

- *What truth does she remind you of when you doubt yourself?*
- *When you feel sad and low, what would help you to hear?*
- *When you're procrastinating, what would motivate you to pull your finger out and get it done? 😊*
- *When you feel anxious, what would comfort you to hear?*
- *In moments when you don't feel "enough", what would your best friend or someone who truly cares for you tell you?*
- *If you need faith, what would your future self tell you?*

EXAMPLE MOTTO'S

Remember the story of Jean Grey from the start? Her motto could be: *"You're not broken because you feel deeply. You're powerful because of it."*

Other example mottos might be:

- *"I rise, even when I'm afraid."*
- *"I honour my pace, but I never stop."*
- *"I don't shrink. I shift the room."*



Write down everything that comes to your mind regarding a motto that will truly empower you. Let it be messy — use different coloured pens (**it's so much more fun!**) — and don't worry about spelling or any kind of order. Once you have it all written down, you can start looking at what's important and **what truly resonates with your heart.**

- "When I rise, I remind myself that _____."
- "The voice in my head used to say _____, but now I tell myself _____."
- "If my superhero had a soundtrack, the chorus would say _____."



MY POWER MOTTO IS ... 



6) KNOW WHEN SHE NEEDS TO SHOW UP



Let's make her part of your real life. Your inner superhero isn't just a lovely idea. **She's a tool. A presence.** A part of you that you can actively choose to step into — especially when life feels big, scary, or uncertain.

This step is about preparing for those moments ahead of time, so **you know exactly when to call on her.**

Think about moments in your life, where you'll need her. Moments in the past where you'd wished you had a sidekick to motivate you, to pick you up or boost your confidence. Again, write down whatever comes to your mind, let it flow and sort through it once everything is in front of you.

Don't worry about *how she shows up* yet, that's gonna be step 7.

- *When do you most need her?* Be as specific as possible. Not just "when I'm anxious" but "when I'm anxious to speak up at our weekly team-meeting". Or maybe it's ...
 - when you're tempted to say yes knowing a no would be better for you
 - when you doubt yourself and need a confidence boost
 - when you're procrastinating your workout (again!) even though you know how good you'd feel afterwards
 - when you're facing a difficult conversation that usually sends you into fight/flight/freeze mode
- *What situations trigger your self-doubt, fear, or perfectionism?* Again, think about a few specific moments. This will create an awareness of certain patterns and **awareness always creates choice.**



- ## EXAMPLES

- 





2) GROUNDING BEFORE A CHALLENGE

7) ANCHOR HER IN YOUR DAILY LIFE

Your superhero is on speed dial. You can borrow her strength anytime, anywhere. She's already a part of you and she can't wait to rush to your aid and boost your confidence or keep you calm.

And every time you call on her, she grows louder. Braver. More you.

Let's create **small rituals** to bring her out when you need her most. It can help to look at step 4 where you created her looks and feels. If you chose purple as her main colour, you may want to wear a purple scarf when you need to feel her strength. Or if she has wings, you might find a beautiful wing-necklace you can wear.

Other examples are:

- *Strike a power pose before a big meeting.*
- *Surround yourself with her main colour.*
- *If she has a specific smell, use incenses or essential oils.*
- *Play a specific song that brings out her energy. Maybe you even have a "superhero playlist" 🎵*
- *Put her motto somewhere you'll see every day.*
- *Ask this question when a challenging situation comes up: What would (enter her name) _____ do?*



Listen to **Visualisation 3: Embody Your Superhero** to connect with this magical version of you on a deeper level.

MY SUPERHERO ANCHORS



If I need her, these are my “speed dial rituals”:

This is what I’ll do *daily* to connect with her and her unique strengths:

**AMAZING JOB, LOVELY — YOU CAN BE SO PROUD
OF YOURSELF! LET’S PUT IT ALL TOGETHER ...**



Phoenix Grace she/her

ESSENCE OF ORIGIN STORY

In my mid 20ies I constantly doubted myself — always overthinking, holding back, and trying to be what everyone else needed me to be. The turning point came when I burned out completely and had to rebuild not just my life, but my sense of self. That's when I realised: I don't need fixing. I need remembering, being myself, unapologetically. My superhero was born from that moment — not out of perfection, but out of putting myself back together, piece by piece.

SUPERPOWERS & WHY: REAL-LIFE & CLASSIC SUPERHERO-STYLE

Empathy, Resilience, Intuition

Invisibility Cloak, because I get to choose when to be seen, on my terms, in my timing; Mirror Magic, because I see truth clearly in myself and others and reflect it with love; Phoenix Fire, because every time I fall, I rise stronger, clearer, and more fully myself.

LOOK & ENERGY

Phoenix Grace has glowing, copper-toned skin and long, wind-swept curls. Her cape shimmers like sunlight on water. She walks slowly but with intent: grounded, magnetic, calm. Her outfit is deep emerald and gold, inspired by ancient queens. Her eyes carry fire and softness. She feels like the moment you finally exhale after holding your breath.

POWER MOTTO

"I don't shrink. I rise."

SHE'S NEEDED MOST WHEN ...

I start second-guessing myself.

I want to say no but feel guilty.

I feel like I'm too much — or not enough.

I'm about to show up and need to do it with my whole heart.

SUPERHERO ANCHOR

A gold ring I wear on my right hand — I twist it when I need to come back to her energy.

Also: a breath and a whisper: "We've done this before. We can do it again!"

NAME & PRONOUNS



ESSENCE OF ORIGIN STORY

SUPERPOWERS AND WHY: REAL-LIFE & CLASSIC SUPERHERO-STYLE

LOOK & ENERGY





POWER MOTTO

SHE'S NEEDED MOST WHEN ...

SUPERHERO ANCHORS





YOU DID IT, HERO! TIME TO CELEBRATE AND ACKNOWLEDGE YOU!

Take a breath. Let this moment land in your body. Not everybody makes it to the last page, you can be super proud of yourself! You've just done something most people never dare to do — you looked within, claimed your story, named your powers, and met the version of yourself who's always been there: strong, wise, brave, and beautifully real.

This journey wasn't about becoming someone else. It was about remembering who you already are—and awakening the potential that's been there all along.

Your inner superhero is not a fantasy. She is you, fully embodied. She's the part of you that shows up when it matters most. The one who walks into the room when you stop shrinking and start owning your light. So today, I want to say this —

Thank You! 

Thank you for showing up.

Thank you for trusting yourself to begin and to keep going.
Thank you for letting me walk beside you on this part of your journey.

I'm happy to hear how it went if you feel like sharing:
nadine@nadine-hinds.com 

You've planted something powerful. Now the questions are:

What do you want to achieve with her power?

Where do you go from here?

What else is possible?



READY FOR YOUR NEXT CHAPTER?

If this experience lit something up in you — **if you're ready to keep showing up for yourself with courage**, clarity, and confidence — then I'd love to **invite you to go deeper with me.**

LET'S KEEP BUILDING YOUR SUPERHERO LIFE

We don't just talk about change — we embody it. Together, we'll ...

- break through the perfectionism, procrastination, and fear that's held you back to do and achieve what you really desire
- rewire self-doubt and imposter thoughts with bold self-trust
- create real habits that align with your values, energy, and dreams
- learn how to regulate your nervous system and rise from a grounded place
- turn your superhero identity into daily action and real-world results

[VISIT NADINE-HINDS.COM/WORK-WITH-ME](https://www.nadine-hinds.com/work-with-me)

You don't have to figure it out alone.

You've already taken the first brave step
— and that's what heroes do.

With so much love,

Nadine xxx

Your Empowerment & feminine Embodiment Coach & Superhero Sidekick

