

MODULE WORKBOOK

MISSION CHECKLISTS & TOOLS

Introductory Module:

**EMBRACE
YOUR
SUPERPOWERS**



SPEAK^{UP}

WWW.SPEAK-UP.CO



MODULE OBJECTIVES:

STARTING YOUR SUPERHERO OR ALLY JOURNEY

Welcome to Your Superhero - Ally Journey!

At the beginning of every Module, your first download will be your Module Workbook including:

- **Module Objectives**
- **Module Checklist (What Done Looks Like)**
- **1st Mission Package.**

When you move to the next Mission, download the next Mission package and add it to your Module Workbook.

This Module Contains 8 Missions so that you become familiar with the 8 core areas of the EYS program:

- ☐ EYS EMPOWERING PERSPECTIVE
- ☐ SUPERPOWERS OF DIAGNOSES
- ☐ IDENTIFY YOUR SUPERPOWERS (OR ALLY ASSETS)
- ☐ SIDEKICKS & SUPERVILLAINS
- ☐ STOCKING YOUR UTILITY BELT: TECH & APPS
- ☐ YOUR TEAM: THE ROLE OF RELATIONSHIPS
- ☐ PREP FOR FINAL MISSION: REVIEW & COLLABORATE
- ☐ SUPERHERO/ALLY PERSONA REVEAL

MISSION 1

Mission 1:

**What they call
a 'Disorder'
I call a
Superpower!**



Embrace *Your*
SUPERPOWERS

SPEAKUP



MISSION 1 OBJECTIVES:

WHAT YOU'LL ACCOMPLISH ON THIS MISSION

Welcome to your First Mission Adventure!

We're going to dive into the Superhero perspective!

At the end of this Mission, you will be familiar with:

- ☐ REFRAMING TO EMBRACE ASSETS = SUPERPOWERS
 - ☐ ■ ORIGIN STORIES
 - ☐ ■ SCIENCE OF SUPERPOWERS
 - ☐ ■ SIDEKICKS & SUPER VILLAINS
- ☐ MEET THE SUPERHEROES & THEIR SUPERPOWERS
- ☐ EDUCATING OTHERS & EMPOWERING OURSELVES
 - ☐ ■ STOCKING UTILITY BELTS
 - ☐ ■ ALLIES & TEAMS
- ☐ ...AND BE READY TO GO TO MISSION 2!

MISSION 1 CHECKLIST

WHAT DONE LOOKS LIKE:

- 1.Starting Your Journey (Before) Worksheet
- 2.Watch Mission 1 Video
- 3.Starting Your Journey (After) Worksheet
- 4.Submit Worksheets Together
- 5.Introduce Yourself in Forum
- 6.Explore the Lab & Library (optional)
- 7.Go to Mission 2!





STARTING YOUR JOURNEY: Before

INSTRUCTIONS: Before watching the Mission 1 Video, take a few minutes to reflect on how your experience led you to this new journey.

QUESTION #1: HOW DO YOU SEE YOURSELF AND YOUR DIAGNOSIS?

QUESTION #2: HOW DO OTHERS TREAT YOU BECAUSE OF YOUR DIAGNOSIS?

QUESTION #3: WHAT IS THE BIGGEST STRUGGLE YOU HAVE FACED BECAUSE OF YOUR DIAGNOSIS?

QUESTION #4: DO YOU FEEL THAT YOUR DIAGNOSIS HAS ANY POSITIVES?

QUESTION #5: WHAT ARE THOSE POSITIVE THINGS?



STARTING YOUR JOURNEY: After

INSTRUCTIONS: Before watching the Mission 1 Video, take a few minutes to reflect on how your experience led you to this new journey.

QUESTION #1: WHAT DO YOU THINK ABOUT WHAT PROFESSOR HULK SAID?

QUESTION #2: DO YOU FEEL MAGNETO OR PROFESSOR X HAS BEEN IN YOU LIFE THE MOST? WHY?

QUESTION #3: WHAT ARE YOU MOST EXCITED ABOUT IN THIS JOURNEY?

QUESTION #4: IS THERE ANY PART THAT CONFUSES YOU OR MAKES YOU ANXIOUS?

QUESTION #5: WHAT CAN WE DO AS A TEAM TO SUPPORT YOU?



INTRODUCE YOURSELF!

NOT SURE WHERE TO START? USE THESE QUESTIONS TO HELP YOU.

#1: Your First Name - or

#2: What You'd Like Us to Call You

#3: Your Pronouns

#4: Favourite Superhero(es)

#5: An Interesting Fact about Yourself

#6: What brought you to the team?

#7: Any goals you might have for yourself: as a team member or life in general.

#8: Anything else you'd like your fellow Superheroes and Allies to know about you.