

You, The Superhero Poster Session

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“Knowing yourself is the beginning
of all wisdom.”

Aristotle

It takes courage to grow up and
become who you really are.

E.E. Cummings

“The privilege of a lifetime is to
become who you truly are.”

Carl Jung

Tell Me About
Yourself...

Life Design Catalyst Program

Empowers students, faculty, and staff in higher education and people at a crossroads in life with the tools and resources to optimize their lives and actualize their potential so they can become the best version of themselves in service to something bigger than themselves in order to make the world a better place and create hope for a better future.

Purpose (“Who am I meant to be?”),
Meaning (“Why do I matter?”),
Mission (“What am I here to do?”),
Vision (“Where do I want to go?”).

Simple Rules for Success: (1) Know Yourself.
(2) Serve Profoundly. (3) Find Your Right Pond.

Motto: “Find Your Why, Find Your Way.”

In every moment, you get to choose
– move forward into growth (+1) or
backward into safety (-1).

Better Character => Better People.
Better People => Better Students

The Life Design Catalyst Spirit: (1) Become deeply engaged in and committed to meaningful work and passionate goals; (2) Be intentional and persistent in all activities by taking calculated risks to create substantial value and generate significant results despite adversity, obstacles, and failure; and (3) Step out of your comfort zone to use curiosity, creativity, imagination, and resourcefulness to design a plan for a better life and a better future for yourself and for others.

Simple Rules for Success

1. Know Yourself (today's session)
2. Serve Profoundly
3. Find Your Right Pond

Framework for our “HHS125: What Could I Do With My Life”
First Semester, First-Year Experience Course

“What Could I Do With My Life”

Know Yourself

- **Personal Responsibility**
- **Personal Integrity**
- **Personality Assessments (Myers-Briggs; Enneagram; Holland Code)**
- **Strengths Assessments (Character; Engagement; Principles You)**
- **Values Assessments (Personal Core; Desired Work; Lifestyle)**
- **Motivators (Personal; Workplace)**
- **Personal Superpowers**
- **Seven-Word Life Motto (Tagline)**

Serve Profoundly/Find Your Right Pond

- **Meaningful Work Statement**
- **Major Exploration Academic Plan/Calling Connection Career Plan**
- **Core Emotional Challenges/Pressing Societal Issues**
- **Problem-to-Solve One-Liner**
- **Life's Work Endeavors (Educational, Experiential, Employable, Entrepreneurial)**
- **I Am Because You Were Statement**
- **Dream Team/Dream Community**
- **Vision for Service Statement**

Personality Assessments

- Myers-Briggs: 4-Letter Code
 - INFP, INFJ, ENFJ, ENFP, INTJ, ENTJ, ENTP, INTP, ESFJ, ESFP, ISFJ, ISFP, ESTJ, ESTP, ISTJ, ISTP
- Enneagram: Type Number
 - Type One, Type Two, Type Three, Type Four, Type Five, Type Six, Type Seven, Type Eight, Type Nine
- Holland Code Job Aptitude: Interests Areas
 - Building, Thinking, Creating, Helping, Persuading, Organizing

Strengths Assessments

- Character (VIA Character Strengths)
 - Appreciation Of Beauty & Excellence, Bravery, Creativity, Curiosity, Fairness, Forgiveness, Gratitude, Honesty, Hope, Humility, Humor, Judgment, Kindness, Leadership, Love, Love Of Learning, Perseverance, Perspective, Prudence, Self-Regulation, Social Intelligence, Spirituality, Teamwork, Zest
- Engagement Strengths (StrengthsQuest for Students)
 - Achiever, Activator, Adaptability, Analytical, Arranger, Belief, Command, Communication, Competition, Connectedness, Consistency, Context, Deliberative, Developer, Discipline, Empathy, Focus, Futuristic, Harmony, Ideation, Includer, Individualization, Input, Intellection, Learner, Maximizer, Positivity, Relator, Responsibility, Restorative, Self-Assurance, Significance, Strategic, Woo
- Principle You (New)
 - Commander, Shaper, Quiet Leader, Inspirer, Campaigner, Coach, Promoter, Impresario, Entertainer, Peacekeeper, Problem Solver, Helper, Strategist, Planner, Orchestrator, Implementer, Investigator, Technician, Adventurer, Artisan, Inventor, Explorer, Thinker, Growth Seeker, Protector, Enforcer, Critic, Individualist

Values Assessment

- Personal Core Values

- Accomplishment/Achievement, Accountability/Responsibility, Advancement/Promotion, Authority/Power/Control, Autonomy/Independence, Balance/Stability, Challenge/Risk, Competence, Competition, Creativity/Self-Expression, Enjoyment/Happiness, Entrepreneurship/Innovation, Excellence, Expertise, Fairness/Equality/Diversity, Family, Fitness/Health, Friendship, Harmony, Honesty/Trust, Integrity, Knowledge/Learning/Education, Leadership, Leisure, Loyalty, Nature/Environment, Personal Development/Growth, Recognition/Fame/Prestige, Religion, Respect, Safety/Security, Service/Helping Others, Spirituality, Travel/Adventure, Wealth, Wisdom

- Desired Work Values

- Advancement, Adventure, Aesthetics, Affiliation, Change/Variety, Competition, Creativity, Culture/Community, Excitement, Expertise, Fast Paced, Flexible Hours, Friendships, Fun, Entrepreneur, Help Society, Help Others, Independence, Influence People, Intellectual Status, Intellectual Stimulation, Job Security, Knowledge, Location, Make Decisions, Moral Fulfillment, Personal Development, Physical Challenge, Power/Authority, Precision Work, Prestige, Public Contact, Recognition, Recreation/Leisure, Respect; Risk-Taking; Stability, Supervision, Teamwork/Work with Others; Time for Family/Self, Travel, Money/Wealth, Work Alone, Work under Pressure

- Lifestyle Values

Motivators and Superpowers

- Personal Motivators
- Workplace Motivators
 - Autonomy; Challenge; Creativity; Developing Others; Empathy; Excelling; Excitement; Family; Friendship; Fun; Impact; Learning; Money; Ownership; Pressure; Prestige; Problem Solving; Purpose; Recognition; Service; Social Responsibility; Teamwork; Variety
- Workplace Identities
 - The Achievers; The Builders; The Caregivers; The Reward-Driven; The Thinkers
- Personal Superpowers

You, The Superhero Poster Instructions

- The one Personal Responsibility statement that you decided to work on this semester.
- Your Personal Integrity Statement.
- Your Personality Type 4-letter code and three characteristic; Your Enneagram number and three characteristics; Holland Code Primary Interest Area (and Secondary Interest Area, if you wrote it down)
- Top 5 Character Strengths; Top 5 Engagement Strengths; Top 3 Principles You Archetype and 3 characteristics.
- Personal Core Values, Desired Work Values, and Lifestyle Values.
- Personal Motivators, Personal Superpowers, and Superhero Tagline.
- Seven-Word Life Motto.
- You will also need to include a Superhero Theme Song..
- Optional: You may also want to include a Superhero Name, Superhero Logo, and/or a Superhero Picture as part of your Poster.

You, The Superhero Poster Reflection

- What did you learn about yourself as you completed the activities for this Poster?
- What's one or two things you've noticed that's a constant or consistent about you? Did you notice a word or phrase that seemed to come up over and over as you completed the various activities?
- How do you think the information you've gathered to "know yourself" will impact your life – personally and professionally – now and in the future?

The Dream Dean

Personality Type – ENFP/INFP

Creative
Introspective
Authentic

Enneagram – Type 3

“The Achiever”

Driven
Valued
Inner-Directed

Enneagram – Type 8

“The Challenger”

Self-Confident
Decisive
Resourceful

Character Strengths

Zest
Love of Learning
Creativity
Gratitude
Hope
Spirituality

Principles You Archetypes

Shaper
Inventor
Inspirer

Engagement Strengths

Maximizer
Futuristic
Relator
Belief
Activator
Connectedness

Lifestyle Values

Prefer warm weather/climate.
Be involved in sporting activities.
Spend time with close friends/community/tribe.
Contribute to well-being of others.
Engage in practices for inner peace.
Spend time reading and/or writing.
Live with (and spend quality) with partner.



Workplace Identity and Motivators

Identity: The Thinker
Motivators: Purpose, Autonomy,
Creativity, Impact, Learning

Desired Work Values

Personal Development
Independence
Flexible Hours
Friendships
Making a Difference

Superhero Theme Song
“Made for This” - Carrollton

Seven-Word Life Motto

“Dream Big. Live With Purpose.
Inspire Others.”

Superpower Tagline

“Achieving more than anyone
thought possible.”

Personal Motivators

Become my best self
Be around like-minded people
Leave a legacy/be remembered
Do work that's significant
Focus on health and well-being
Have financial security/stability
Make an impact on others

Personal Core Values

Fitness/Health
Wisdom
Personal Development/Growth
Family/Friends (Community/Tribe)
Spirituality

PURPOSEFUL PARIS

Personality Type -

INFP

Open-minded
Creative
Caring

Enneagram Type 8

Self-confident
Supportive
Protective

Desired Work Values

Money/Wealth
Time for family/self
Help Society
Job Security
Independence

Engagement Strengths

Belief
Connectedness
Empathy
Focus
Activator

Character Strengths

Honest
Humor
Creativity
Hope
Gratitude

Personal Core Values

Family
Honesty/Trust
Enjoyment/Happiness
Accomplishment/Achievement
Wisdom

Personal Superpowers

Loyal
Self-confident
Helpful

Lifestyle Values

Have enough money to be comfortable
Live with spouse
Spend time with family and friends
Have time to pursue interests
Have a big home

Superhero Tagline

Make today count, because tomorrow isn't promised.

Personal Integrity Statement

For me to live with greater integrity, I will try to not be so judgmental and give others the benefit of the doubt.

7 Word Life Motto

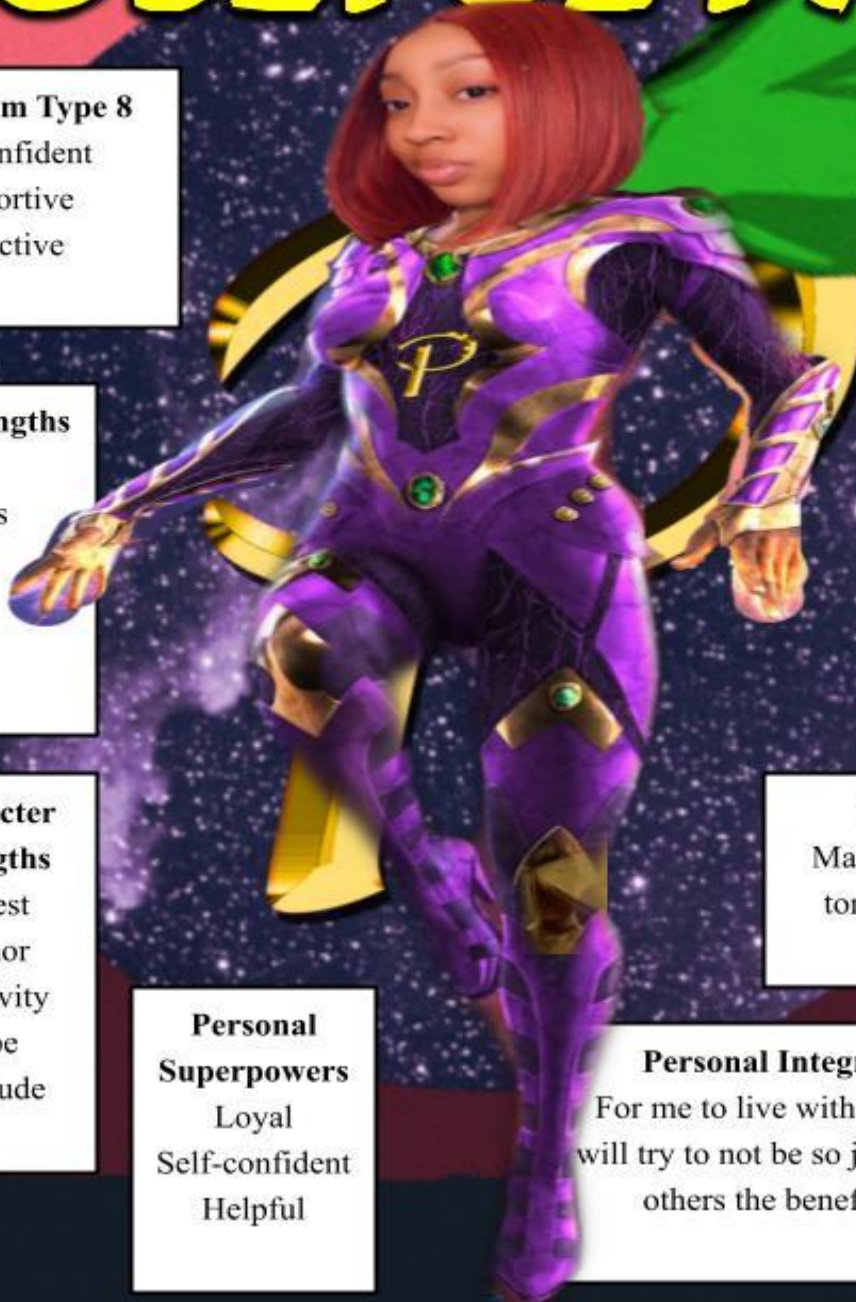
With God, there is always a way.

Superhero Theme Song

Live Your Life
By T.I ft
Rihanna

Personal Motivators

Accomplish goals
Be successful
Spend time with family/friends
Become my best self
Have a sense of purpose
Be independent



Current State vs. Ideal State Poster

Personality type – Consul ESFJ

Secure
Stable
Friendly

Enneagram – Type 1

Order
Right
Improvement

Character Strength

Love
Spirituality
Humor
Fairness
Honesty
Leadership

Engagement Strengths

Competition
Belief
Focus
Responsibility
Discipline
Achiever

Personal Superpowers

Caring
Cautious
Efficient
Fair
Punctual

Personal Integrity Statement

For me to live with greater integrity, I will be super honest with everyone I deal with. I will start being more patient when things do not come out the way I want. I will also start being more understanding with others.

Personal Core Values

Family
Honesty/Trust
Religion
Spirituality
Fairness/Equality/Diversity
Accountability/Responsibility

Desired Work Values

Personal Development
Independence
Flexible Hours
Friendships
Making a Difference

Lifestyle Values

Spend time with family and friends
Participate in family-oriented activities
Live in peaceful/quiet setting
Integrate a balance between work and life
Have enough money to be comfortable
Be active in church/religion/faith
Live with spouse/partner
Attend sporting events

Personal Motivators

Spend time with family and friends
Prove others wrong
Make wise choices
Live according to my values
Live life to the fullest
Help/serve others

Superpower Tagline

"If it were easy everybody would do it."
"Every day I grind!"

Superhero Theme Song

"Crazy Train" – Ozzy Osbourne

Seven-Word Life Motto

"Today makes you who you are tomorrow."



Motivational Mike

Bubbly Brianna

7 Word Motto: "Wherever Life Plants You, Bloom with Grace."



Personality Type ISFJ
Practical
Compassionate
Caring

Enneagram #1
Perfectionist
Reformer
Moralizer

Personal Motivators
Become a Better Me
Be in Control of My Life
Do Something for Someone Else
Have People Being Proud of Me
Be Productive

Superpowers
Self-Disciplined
Sociable
Natural Leader

Character Strengths
Judgement
Perseverance
Leadership
Kindness
Fairness

Engagement Strengths
Deliberative
Learner
Significance
Responsibility

Theme Song:
Soulmate –
Lizzo

Tagline
"Self-love isn't selfish,
it's important."

Core Values
Family
Happiness
Friendship
Accomplishment
Fitness/Health

Lifestyle Values
Live w/ Spouse
Travel Frequently
Spend Time w/ Family
Have a Big Home
Have an Excessive Amount of Money
Prefer Change in Seasons
Prefer Going Out

Work Values
Advancement
Fun
Job Security
Making a Difference
Money/Wealth

Personal Integrity Statement
For me to live with greater integrity, I will be more open to admitting when I am wrong or make mistakes and speak the honest-truth about myself without exaggeration negatively.

Personality Type- INFP

Empathetic
Loyal
Curious

Lifestyle Values

Be active in church/religion/faith
Have a big home, spend time with family and friends
Engage in volunteer work, have time to pursue interest
Be involved in outdoor activities
Spend time working on arts and crafts

Dynamic Dora



Seven-Word Life Motto

If you're gonna be anybody, be you

Super Powers

Adaptable
Caring
Involved
Mature
Realistic

Character Strengths

Kindness
Forgiveness
Curiosity
Honesty
Spirituality

Personal Motivators

Become a better me, be able to travel/explore new places, be happy, be safe and secure, feel worthy, follow my faith/religion, have financial security/financial stability

Desired Work Values

Travel
Creativity
Culture/Community
Time for family/self
Help others/society

Enneagram #8

Assertive
Supportive
Protective

Superhero Theme Song

"Epiphany" -BTS

Engagement Strengths

Empathy
Belief
Learner
Adaptability
Harmony

Superpower Tagline

If at first you don't succeed, dust yourself off and try again

Personal Integrity Statement

For me to live with greater integrity, I will be more honest with myself.

Personal Core Values

Religion
Family
Persona development/growth
Creativity/self-esteem
Respect

PERSONALITY TYPE

- Advocate: INFJ
- INSIGHTFUL
 - ALTRUISTIC
 - PASSIONATE



PERSONAL MOTIVATORS

- ACCOMPLISH GOALS
- BECOME A BETTER ME
- BE HAPPY
- BE IN CONTROL OF MY LIFE
- MAKE A DIFFERENCE IN THE WORLD
- HAVE MEANINGFUL RELATIONSHIP



Tagline: "Life is too short to be anything but happy"



Seven Word Life Motto

"Today's the tomorrow you worried about yesterday"

CHARACTER STRENGTHS

- KINDNESS
- LOVE
- SPIRITUALITY
- FAIRNESS
- HOPE



GOD IS WITHIN HER; SHE WILL NOT FAIL-PSALM 46:5

Superhero Theme Song:

"You Pulled Me Through"-Jennifer Hudson



ENNEAGRAM Type 3

- THE ACHIEVER
- THE PERFORMER
- THE MOTIVATOR

Superpowers

- TRUSTWORTHY
- KIND/FRIENDLY
- GENEROUS

Engagement Strengths

- LEARNER
- INDIVIDUALIZATION
- COMPETITION
- CONNECTEDNESS
- EMPATHY



PERSONAL CORE VALUES

- PERSONAL DEVELOPMENT/GROWTH
- FAMILY/FRIENDSHIP
- ENJOYMENT/HAPPINESS
- RELIGION & SPIRITUALITY
- ACCOMPLISHMENT/ACHIEVEMENT



LIFESTYLE VALUES

- HAVE ENOUGH MONEY TO BE COMFORTABLE
- LIVE NEAR FAMILY AND/OR FRIENDS
- PARTICIPATE IN FAMILY-ORIENTED ACTIVITIES
- HAVE TIME TO YOURSELF
- LIVE IN PEACEFUL/QUIET SETTING



Desired Work Values

- PERSONAL DEVELOPMENT
- MAKE A DIFFERENCE
- FLEXIBLE HOURS
- FRIENDSHIPS
- EXCITEMENT



EXUBERANT ELIZABETH



“It will allow me give myself grace. That's an important thing that I've had a hard time with and the activities up until now, have shown me that giving yourself grace is important and accentuating your talents only helps you be a better version of yourself.”

“I never thought that I had all this potential. I've learned so much about myself and it makes me eager to do better, not just for myself but for my children. I have come a long way, have increased my level of self-esteem and confidence, and makes me look forward to the future.”

“This activity taught me a lot about myself and what makes me as a person. I've learned what really brings me joy and where I need to focus my time and efforts.”

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