

SAFE HAVEN CONNECT CIC · REGISTERED CIC

MY SUPERPOWER TOOLKIT

Discovering my strengths, talents, interests and the strategies I have built around disability

NEW DISABILITY WORKBOOK SERIES - BOOK 8

This workbook belongs to:

This workbook uses “superpower” playfully. Disability itself does not have to be described as a gift or strength. The focus is on recognising real abilities, knowledge, interests and strategies without minimising genuine barriers or support needs.

Welcome

You can have significant support needs and still have strengths. You can also be excellent at something and find an everyday task extremely difficult. Human ability is uneven - and that is worth understanding.

Something I am genuinely good at:

1. Strengths I Already Notice

Tick anything that feels true for you.

- ☐ Attention to detail
- ☐ Pattern spotting
- ☐ Creativity
- ☐ Humour
- ☐ Honesty
- ☐ Persistence
- ☐ Deep knowledge
- ☐ Visual thinking
- ☐ Logical thinking
- ☐ Empathy
- ☐ Problem-solving
- ☐ Memory for particular things
- ☐ Curiosity
- ☐ Practical skills
- ☐ Imagination

My notes / what applies to me:

2. Things Other People Notice in Me

Sometimes other people see abilities we overlook.

Compliments or positive things people have said about me:

3. My Deep Interests

Interests can be sources of knowledge, regulation, joy, friendship and skill.

Interest	What I know / do	What it gives me

4. Things I Can Talk About for Ages

Expertise does not need a qualification to be real.

Topics I know a lot about:

5. My Different Kinds of Intelligence

Ability is broader than school grades.

Area	Examples from my life
Words / language	
Numbers / logic	
Visual / spatial	
Practical / hands-on	
Music / rhythm	
People / relationships	
Self-understanding	
Nature / animals	
Technology / systems	

6. Skills I Learned the Hard Way

Living with disability can require learning strategies other people may never have to think about.

- ☐ Planning around energy
- ☐ Advocating for myself
- ☐ Finding accessible routes
- ☐ Managing sensory input
- ☐ Communicating needs
- ☐ Adapting tasks
- ☐ Recovering after difficult days
- ☐ Using assistive technology
- ☐ Reading situations carefully
- ☐ Preparing for uncertainty

My notes / what applies to me:

7. My Problem-Solving Style

What do you naturally do when something does not work?

When I hit a problem, I tend to:

8. Things I Do Differently - And They Work

A different method is not automatically a worse method.

Things I do in my own way:

9. My Communication Strengths

Communication strengths can exist in speech, writing, AAC, signs, art, humour and many other forms.

- ☐ Explaining things clearly
- ☐ Writing
- ☐ Listening
- ☐ Using AAC effectively
- ☐ Being direct
- ☐ Remembering details
- ☐ Asking useful questions
- ☐ Storytelling
- ☐ Using humour
- ☐ Communicating through art / images
- ☐ Noticing when something is unclear

My notes / what applies to me:

10. My Creative Side

Creativity includes making, imagining, adapting and inventing.

Things I enjoy creating, designing or imagining:

11. My Practical Strengths

Practical skills can be easy to overlook.

- ☐ Cooking
- ☐ Technology
- ☐ Fixing things
- ☐ Organising objects
- ☐ Caring for animals
- ☐ Gardening
- ☐ Crafts
- ☐ Cleaning routines
- ☐ Gaming strategy
- ☐ Shopping / finding deals
- ☐ Navigating places
- ☐ Using equipment

My notes / what applies to me:

12. My People Strengths

You do not need to be highly social to have relational strengths.

- ☐ Loyal
- ☐ Fair
- ☐ Supportive
- ☐ Good listener
- ☐ Remember important details
- ☐ Respect boundaries
- ☐ Reliable
- ☐ Protective
- ☐ Funny
- ☐ Good one-to-one
- ☐ Good at shared-interest friendships

My notes / what applies to me:

13. My Quiet Strengths

Some strengths are not obvious from the outside.

Things I manage that other people may not realise take effort:

14. What Helps My Strengths Show Up

Strengths are easier to access in the right environment.

I work best when...	Why it helps

15. When My Strengths Disappear

Fatigue, pain, overload, stress or inaccessible environments can temporarily reduce access to skills.

Things that make it harder to use my abilities:

16. Tools That Unlock My Abilities

Support and technology can reveal ability rather than replace it.

- ☐ AAC
- ☐ Screen reader
- ☐ Speech-to-text
- ☐ Visual schedule
- ☐ Wheelchair / mobility aid
- ☐ Headphones
- ☐ Timers / reminders
- ☐ Written instructions
- ☐ Support worker / personal assistant
- ☐ Adapted equipment
- ☐ Extra processing time
- ☐ Quiet workspace

My notes / what applies to me:

17. Turning an Interest Into a Skill

Choose something you already enjoy and see where it could lead.

Interest I want to build on:

What I can already do:

A related skill I could learn:

How I learn best:

What adaptation / support might help:

A small next step:

18. Skills I Want to Grow

Growth can be about enjoyment, independence, work, volunteering or curiosity.

Skills I would like to develop:

19. My Achievement Timeline

Include achievements that matter to you - not only certificates or jobs.

When	Something I did / got through / learned	Strength I used

20. Redefining Achievement

Some achievements are invisible to people who do not understand disability.

Something I am proud of that other people might underestimate:

21. What I Can Contribute

Contribution does not have to mean paid work.

Ways I could share my skills, interests or experience:

22. My Strengths Experiment

Give one strength a chance to show up this week.

Strength I want to use more:

Where could I use it?

What conditions will help it show up?

What will I try?

What happened?

What did this teach me about myself?

23. My Strengths Constellation

Fill the spaces with abilities, interests, values, knowledge and strategies that make up your individual profile.

Things I know	Things I can do
Ways I think differently	Things that matter to me

24. My Superpower Toolkit

Not fantasy powers - the real strengths, supports and strategies that help you function and thrive.

A strength I rely on	
A deep interest / knowledge area	
A skill I am proud of	
A strategy I have developed	
A tool / adaptation that unlocks my ability	
The conditions where I do my best	
Something I want to learn next	
How I want to use my strengths	

A Letter From My Stronger Voice

I do not have to deny my difficulties in order to recognise what I am good at.

Write to yourself as if you were reminding yourself of the abilities, persistence and knowledge you forget on difficult days:

Notes

This workbook is a general disability-focused self-understanding and wellbeing resource. It deliberately avoids suggesting that disability must be viewed positively or that every disability-related difficulty has a hidden benefit. People are entitled to recognise both genuine strengths and genuine support needs.

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