



Go to “File” in the upper left hand corner of this page.

Click “Make a Copy”.

Then change the Title of YOUR Copy in the upper left corner to:
“{Your Name} Portal 4: Discover Your Superpowers Play Sheet”.

Go through the playsheet, completing each practice.

Click the checkbox once you have completed each practice.

Go to the SHARE button in the upper right corner,

Click “Anyone with the link”,

COPY the link,

Go to our [FB Group](#) and share your link,

With a comment on how these practices worked for you,
what came up for you, any challenges you faced, any breakthroughs that you had.

- 1 - Activation 1: The Healthy Happy Whole Breakthrough
- 2 - Activation 2: The Transmutation Template
- 3 - Post Your Alchemical Artwork in the [FB Group](#)
- 4 - Activation 3: Symptoms to Superpowers Diary
- 5 - Claim Your Superpowers and post in the [FB Group](#)
 - 6 - Self Confidence Exercise
 - 7 - Self Empowerment Exercise
- 8 - Continuous Learning and Growth Exercise





The Healthy Happy Whole Breakthrough

This exercise was designed for your personal empowerment journey. Take your time, be gentle with yourself, and embrace the transformative process.

When was the first time you started to feel (or say to yourself) that there was something “wrong with you”?

Did one of your parents, siblings, family members, teachers or friends install this program for you? Who was it?
It could've been several people.

What was the incident you remember most clearly when this began?

How has this belief structure affected your life?

How has it influenced different areas of your life?
Relationships, work, home life...





What are some instances you notice the pattern coming up in your current reality?

Are you ready to transform it?

After the session, write out how the breakthrough felt for you.

Write out your new powerful affirmation that counters the old belief.
Make this your new Mantra, anytime the pattern arises.





The Transmutation Template

Do the Alchemical Artwork Activity in the Ultimate Ascension Guidebook (course manual).

Then answer these

Reflection Questions:

- What emotions or insights arose during the creation of your Transmutation Template?
 - How does the empowered self portrayed in your artwork make you feel?
- What steps can you take to embody the superpowers represented in your creation?
 - What was the ONE most impactful part of this experience?

(room to write)





Your "Symptoms to Superpowers Diary"

Problem/ Ascension Symptom	Cons (underlying feeling/ emotion)	Pros (the good you receive from it)	Super Power Discovered





(room to write)





Self Confidence Exercise:

Take some time right now and set some goals for yourself for the next 3 months.
Set SMART (specific, measureable, attainable, relevant and time-bound) goals that motivate you and write them down to make them tangible.

What are they?

Make sure to give them a date to accomplish them by.

Let us all know when you reach them so we can celebrate your achievements with you!

Track your progress and share with the [FB group](#).

How will you celebrate yourself when you accomplish these goals?

Give yourself a special treat.

A new book to read, a massage, a day at the hot springs,
dinner out with your friend, a walk on the beach, etc.





Self Empowerment Exercise:

Taking responsibility is one of the BIGGEST things we can do to increase our self empowerment. It can be challenging to hone up when you've done something out of alignment.

List here some of the things you are willing to take responsibility for.
(Examples: I took something and I am willing to return it or pay for it, I wasn't honest about something, so I will go back to that person and clear it up, etc.).
It takes practice to build this muscle and it is the main muscle for integrity building.

Where have you been allowing your boundaries to be crossed?
Were these spoken boundaries or unspoken?
Get clear on some of the boundaries you are not willing to be flexible with any longer.
Write them out here.





Continuous Learning and Growth Exercise:

Change is the only constant. Learning how to ride the waves of change is a key element to self empowerment. View your challenges and struggles as lessons and embrace the change!

How well do you embrace change? How well do you deal with change?
What changes have recently occurred in your life and how did you navigate them?
What did you learn through the process?

Prioritizing your personal development is another key to becoming more empowered.
What programs, books, films have you discovered recently that inspired you to be a better you?

What skills do you want to learn or develop further?

How do you plan to do this?

Share this in our [FB group](#).





Portal 4 Resources

[Course Dashboard](#)

[Ascension Symptoms](#)

Book: [Path of Empowerment](#) by Barbara Marciniak

[Empower Yourself](#) meditation by Bonnie Pierce

[Asking Empowering Questions](#) with Michael Beckwith

