


## Day 2: Write Your Profile

My Blogger Profile/Statement of Purpose (50 Words):



My tweet (140 char):



My hashtag:



**Smile!**  
**Snap a selfie using your new hashtag!**

Bonus Q! What's your superpower?



## Day 2: Essence Object!



## Day 2: Future Self

Capture here your journey back to the future:

You can either document all your thoughts or capture key elements. Write it in first person with an active voice, as though you were telling the story to another person right now. "I am..." "I have..." "I enjoy..." "I will..."



### Capture key ideas and elements

1. What has been important to you?
2. Who is on this journey with you?
3. What you are doing that fuels your passion?
4. What are you working toward/have accomplished that gives you a sense of purpose?
5. Where you are headed next?

## Day 2: My Core Values

- ☆community
- ☆inspiration
- ☆money
- ☆intellectual status
- ☆financial gain
- ☆laughter
- ☆serenity
- ☆physical challenge
- ☆responsibility
- ☆competition
- ☆career
- ☆fame
- ☆working with others
- ☆self-discipline
- ☆courage
- ☆family
- ☆empathy
- ☆working alone
- ☆humility
- ☆efficiency
- ☆intensity
- ☆health and fitness
- ☆meaningful work
- ☆my country
- ☆music
- ☆truth
- ☆resourcefulness
- ☆respect
- ☆bravery
- ☆communication
- ☆change and variety
- ☆compassion
- ☆fast-paced work
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_
- ☆freedom
- ☆security
- ☆strength
- ☆self-control
- ☆hunger
- ☆personal development
- ☆trust
- ☆faith
- ☆involvement
- ☆adventure
- ☆vulnerability
- ☆adaptability
- ☆friendship
- ☆nature
- ☆expertise
- ☆order
- ☆privacy
- ☆close relationships
- ☆religion
- ☆knowledge
- ☆growth
- ☆challenges
- ☆commitment
- ☆leadership
- ☆helping others
- ☆influence
- ☆wit
- ☆success
- ☆patience
- ☆listening
- ☆diversity
- ☆love
- ☆nutrition
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_
- ☆excellence
- ☆job tranquility
- ☆power
- ☆passion
- ☆cooperation
- ☆affection
- ☆wisdom
- ☆self-expression
- ☆stability
- ☆art
- ☆autonomy
- ☆risk
- ☆balance
- ☆competence
- ☆practicality
- ☆creativity
- ☆excitement
- ☆collaboration
- ☆social change
- ☆beauty
- ☆ecological awareness
- ☆quality relationships
- ☆travel
- ☆decisiveness
- ☆curiosity
- ☆spirituality
- ☆loyalty
- ☆honesty
- ☆independence
- ☆supervising others
- ☆recognition
- ☆accountability
- ☆democracy
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_
- ☆\_\_\_\_\_

## Day 2: Core Values

Go through the list of values on the previous page and eliminate the words that don't resonate with you. Put a check mark by the ones that do matter.

Now pick your top 5!

1.

2.

3.

4.

5.

## Day 2: Unleash Your Superpower!

People with strong brands are clear about who they are. They know and maximize their strengths. Here, we give you the opportunity to uncover and define your skills and strengths. You'll be using a three-step process, Document, Distil and Validate.

**Document!** To help guide you through this exercise, answer the questions below:

1. What are the strengths that others acknowledge in me?
2. When working on a team, what roles do I seek to fulfil?
3. When faced with an overwhelming obstacle, what are my "go to" skills to overcome it?
4. What was the most successful project I ever tackled and what made me successful?
5. What was the most important team role I ever fulfilled and why?

**Distill!** To deepen your introspection, answer the questions below:

1. What strengths and skills came up over and over again?
2. Which are my motivating skills—the skills that excite me?
3. What are my burnout skills—the skills I've mastered but would rather not use every day?
4. Which strengths and skills are going to be most helpful in achieving my career/school goals?
5. What skills are missing? What skills would I like to build but have not yet had the opportunity to practice?

Based on your responses to the previous questions, document your top five strengths—your super skills. For example, you might use words like “creative,” “relationship-creator,” or “make the complex simple.” Then, you can start to validate your self-perception with feedback from others.

1.

2.

3.

*you*

4.

5.

**Validate!** “Up to now, the exercise has been focused on your own perceptions.” Now, it’s time to validate what you documented about yourself. Do others experience your super skills? Would they agree with your assessment?

You have a couple of options for completing this part of the process:

**Option 1:** Post the following to your Facebook/Instagram/Twitter/TikTok/SnapChat:

*As part of Thinqe Prep’s College Admissions Intensive, I completed an exercise to help me unearth my strengths. I came up with “Strength 1, strength 2, strength 3.” What do you think are my greatest strengths?*

**Option 2:** Ask your friends, teachers, and others in your community (maybe your family isn’t the best idea) what they think sets you apart from others, then compare their responses to your self-assessment. You could do this in person or via email or social media, whichever you think may give you the most honest responses to help you complete your profile.

If you choose email or social media, you can also consider setting up a free and anonymous survey using a tool such as Survey Monkey.