

SUPERMAN



MIND

WORKBOOK

The First Ever Superhero Emulation!

by Christian Cassarly, Developer.

Excerpted from the Superman Mind 2.0 Audio-CD
Program for Superhero Emulation and Performance!

Copyright © 2020-2021 by Christian Cassarly. No part of this book may be reproduced in any form or by any electronic or means, including information storage and retrieval devices or systems, without prior written permission from the author. Superman Mind 2.0
® is a registered copyright of The Superman Graduates Institute Inc.

My Superman Workbook for Permanent Results

Hello! Welcome to the Superman Mind 2.0 workbook! This is the most integrative resource of the program. This is because the workbook allows an interactive experience that really makes the emulation more personal to you.

In this workbook we will identify all of your strengths and weakness and incorporate them toward your superpowers and true self. We will learn how to apply the program on a study level which will accelerate the wonderful energy of the superman emulation. Remember this program is all about you and how you can fly toward every goal you have!

This program as well as the workbook is to be applied daily for at least 30 days before you achieve permanent results.

In this workbook you will learn, self survey, self assess and analyze yourself. You will create and develop your “Superhero” goals and will map out the plan to achieve them. This assists the emulation process and brings the program together in a very wonderful way.

Complete this Survey.

	Completed Agree (1)	Sort of Agree (2)	Sort of disagree (3)	Completely Disagree (4)
Most of my thoughts are evolved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accept myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable everywhere I go because of my self image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident in the future because of my actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I give enough love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am truthful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life is plentiful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can defend myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what my best talents and natural gifts are	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I love myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now calculate your score. 10=19 = You are your Superman Self! Get out there and save the world! 20-34= You are Superboy! Soon with enough training you will put your new cape on! >34= Its time to evaluate which side you are going to be on.

Notice how the score can change depending on what emotion we have on our surface. Keep checking back on this assessment to see when you are Superman, Superboy or on the edge. There may be times during the day that we are more conditioned to be feeling courageous then other times. Don't hesitate to take this assessment at different times during the day to say when your the most powerful.

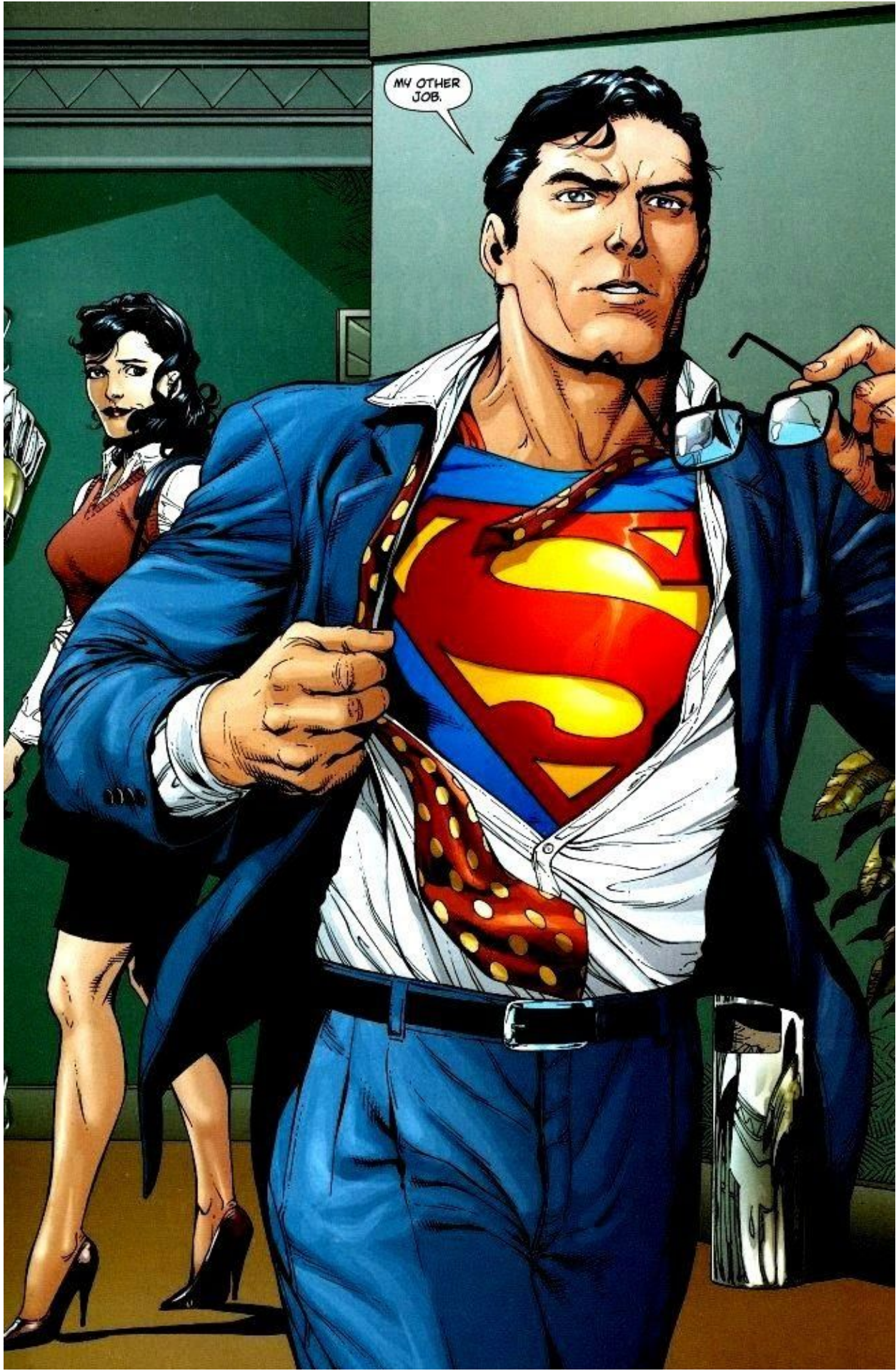
Ok Now That we have a idea on the level of energy you have, we can continue through the workbook to drop what we don't need and focus on the areas that can give us more energy.

Ok on to the next assessment!

In today's society, most of us are fixated on the career path that we either have taken or are going to choose. For some of us this can take up the majority of the day sometimes. For others, the pressure that builds up can bring us down. With so many business brands and institutions that are aiming for our investment, sometimes it's hard to make the right decision for ourselves. Let's do a self evaluation that will bring us much more clarity on whether we should be going the direction we are going or are we listening to our true superman self. We need to know that no matter what age we are, we can always change directions and choose a different career path. I didn't decide to become a Author until I was 35 and many others don't find their true career until their 40's. It is important to remember that your career is not your most important thing in life. Just like superman, it is your true gifts that are in alignment with your principle power that takes the lead. What principles or values are you the strongest at expressing. Align your Gifts, talents and abilities here.

	Dissatisfied (1)	Somewhat Dissatisfied (2)	Somewhat Satisfied (3)	Satisfied (4)	Very Satisfied (5)	Completely Satisfied (6)
Intellectual challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career growth/opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Independence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flexibility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Level of responsibility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contribution to field/society	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prestige of job/organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Job security	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work/life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geographic location	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recognition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Time to evaluate your score! 52-72 Your Clark Kent! Dont forget your Suit under your tie!
 25-51 Your Still finding your Way and that's ok! < 25 Your working for Lex Luther!



MY OTHER
JOB.

- If I had no limitations, where would I give my service?

Superman Action Step 1: Pretend you have no limitations whatsoever. You can do whatever you want! Now go online and search for ten jobs that are offered online. Remember, any of these positions are available to you. Now write down 10 positions that you would choose to apply for. Take your time on this!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Ok Great! Now we are going to choose our top 3 from this list.

Career 1:

Career 2:

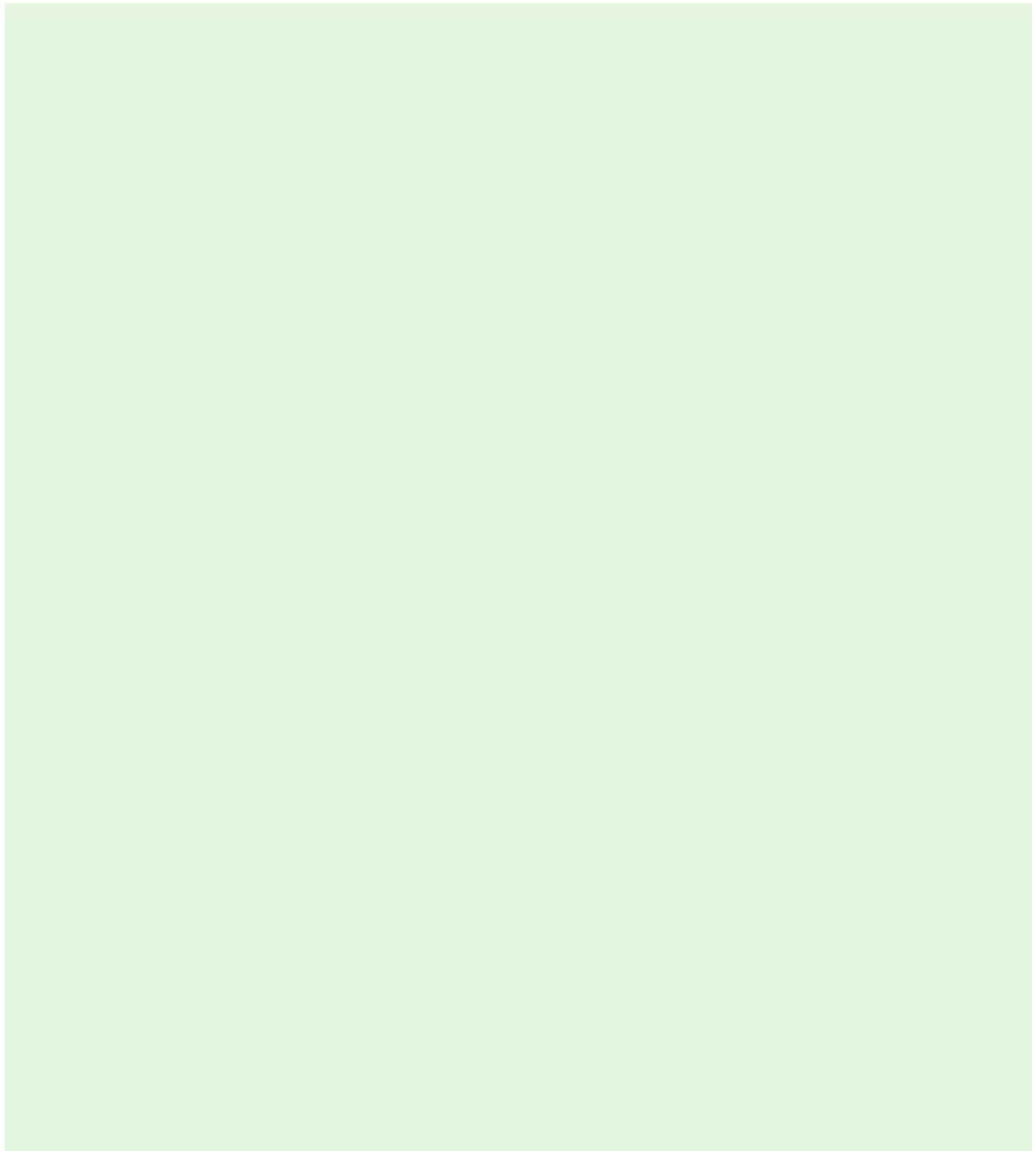
Career 3:

Cheers



Now you have a clear direction on where you can allocate your time and resources toward your future career path. Remember these are just directors. For example, if you chose astronaut, you can choose to be an astronomer. If you chose to be corporate C.E.O, you can start at opening up your own business.

Career Notes



Career Notes:

