

Superpower Index SPI



The Superpower Index (SPI) was created by Linda Martindale as a model of superpower traits that describe patterns of thinking, feeling and behaving. A woman's superpowers shape her view of herself and her world. The SPI was established to initiate discussions around self-awareness, personal growth and understanding one's interpersonal dynamics. Better understanding of one's superpowers will help to identify patterns of behavior, core motivations and areas for personal development.



PHYSICAL

Stop Doing and Start Being.
Create a healthy balance of what's needed and what's desired.

SPIRITUAL

Identify & clarify your values.
Redesign a meaningful life.

SOCIETAL

Determine what gives your life meaning and purpose. Set healthy boundaries.

EMOTIONAL

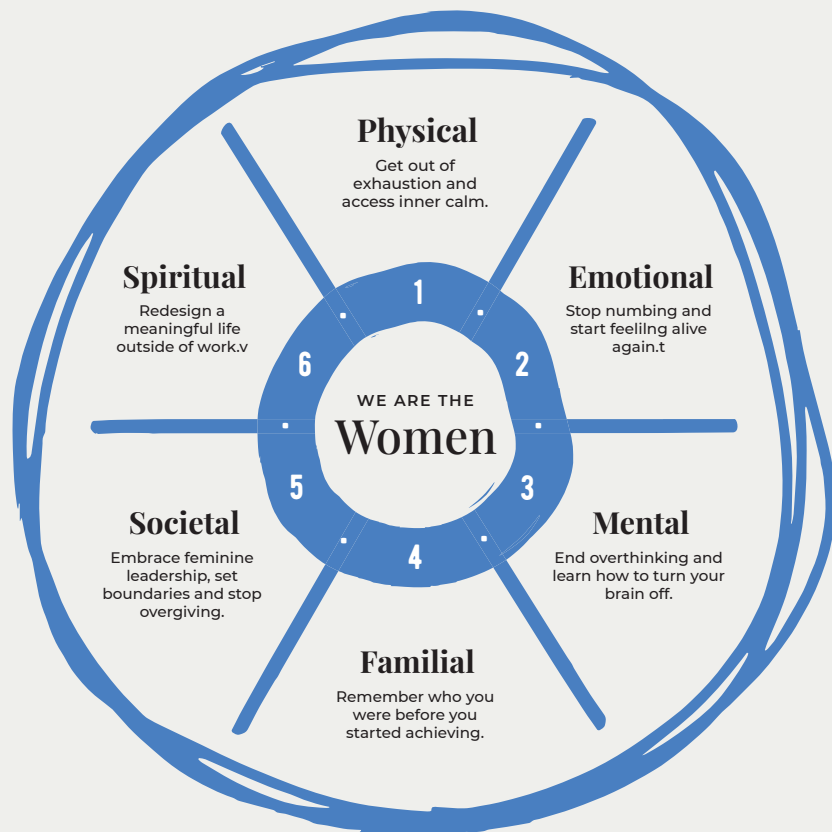
Understand, Express & Trust your emotions so you can feel fully like your true self.

MENTAL

Foster a growth mindset. Stop over-thinking and challenge limiting beliefs.

FAMILIAL

Remove any childhood labels.
Embrace your chosen roles and eliminate any self doubt.



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