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Western culture is fascinated by superheroes, great athletes, and entertainment icons. We're obsessed with larger-than-life personas with big stories and epic adventures. Many spend a lot of time and energy focusing on someone else's coolness. However, none of us are any different - and here's why.

I was recently asked what my superpower was - and to be honest, it left me pondering. Of course, I immediately thought about my career because those are roles for which we have trained and developed expertise that we can then offer the world. However, that wasn't the answer because, to me, a superpower felt like it should be something bigger, more epic. But then, the answer hit me. I came to the realization that I am my superpower. I am unique, my perspective is unique, my internal wiring is unique, and my story is mine alone - which is hugely powerful.

If I am the best version of me that I can be, at any given moment or in any given scenario, then I bring my best to the world. That is my superpower.

Granted, I am not leaping tall buildings in a single bound. I am not faster than a speeding bullet. But you know what? Superman isn't me, and can't do me stuff either. Boom. Mic drop.

However, it is easy to look past this. Humility, while a valuable personal trait, can masquerade as a lack of self-image. We can be led to believe that our stories aren't worth hearing. They aren't glamorous enough or contain some epic adventure or major discovery. All that does is leave us wanting, looking elsewhere to live vicariously through someone we perceive to be as far more epic. Getting caught up in discounting why anyone would ever want to hear our story is easy. I mean, I'm just a Canadian physiotherapist that teaches anatomy to physiotherapy students, right?

True - factually. But seriously lacking in meaning, depth, and essence.

Here's the key: don't underestimate your uniqueness. Everyone has a story, and every story is great. And within every story are contained the roots of their superpower and unique contribution to the world - a game-changer. While I can't live your story, nor do I want to (since I'm too busy blazing my own unique path), I can dare to comprehend. I can listen to your story and revel in it. And like any other superpower, I might be able to conceive of it being a thing, but I likely won't understand it fully. Faster than a speeding bullet? Tell me more. What does that experience feel like? How does it happen? How does that make you, you?

But it goes far beyond that. You don't need me or anyone else to validate your story or superpower. Have the courage to keep living it and sharing it. Own and embrace your awesomeness. Keep listening to the stories of others - because there is so much to be learned, be it the struggling musician or the waitress, the student or the teacher, the executive or the homeless. I guarantee that your story will resonate with at least one person and that unto its own is enough to change their world.

We all have a story worth sharing because it gives us our superpower. We need them - all of them. Why? Because all of those superpowers can change the world - in 2023 and beyond.

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Friday, 30 December 2022 11:30

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