

V. Discussion of Limitations and Boxes We Create

- How do we unknowingly limit ourselves through boxes we create and/or boxes that others create for us?
- What are the things that keep us in our 'box'?
- What will help us break out of our 'box'?
- Can anyone think of an example of a person who has broken out of the 'box' they were put in?
(Examples include: Malcolm X, Harriet Tubman, Jackie Robinson, Sonia Sotomayer, Nelson Mandela, Helen Keller, Lucy Stone, Susan B. Anthony, César Chávez)

VI. Drawing Possible Self — Breaking out of a Box

(This will be a work in progress. It does not need to be completed by the end of the day) Explain to students that they do not have to live a limited life — they can break free of the limitations (represented by the box)

- **Write or draw on the sides of the box and the arrows pushing the box closed** those things that limit us and keep us in our box.
 - Fears, Bad Habits, Poor Choices, Reactions, Uncontrolled Emotions, Victim Mentality, Negative Attitude, Weaknesses, Negative Peer Pressure, etc. **(Tell them to be specific — fear of making a mistake, fear of losing friends, fear of disappointing my grandma, etc.)**
- **Write or draw on the arrow pushing the box open and the free space above the box** those things that free us from these limitations.
 - Hopes, Dreams, Goals, Support Systems, Education/Learning, Opportunities, Talents, Resources, Strengths, Skills, Values, Positive Attitude, etc.
- Expectations and responsibilities might create boxes or free you — think about their impact in your life and include them in your drawing
- You can add more arrows or draw other symbols to represent both the pressures to stay in the box and the forces that will free you from these limitations.

Ask participants to share parts of their document that they feel comfortable sharing.

VII. Video clip

<http://www.rogerknapp.com/inspire/doyoumakemeproud.htm> retrieved March 18, 2010

- What did you think about the video?
- Who are we expected to be? What expectations limit us? What expectations free us?
- Do we focus on what we can't do — or do we focus on what we can do?
- What are we really good at? What are our hidden talents?
- Who nourishes our talents, encourages us, accepts us?

Real-World Application: Think about how you act in different situations — is it the possible you or the limited you?