

whAt's
Y●**OU**
rED
RuBBer
BaLL?!

WYRRB?! Project Items

[**BLANK CANVAS**] One box/bag/sheet of cardboard or construction paper (your blank canvas doesn't have to be a BOX!)

[**ARTS & CRAFT SUPPLIES**] Markers, crayons, colored pencils, craft paper, fabrics, stickers, glue sticks, scissors, etc. (endless possibilities).

[**MAGAZINES**] A large variety of magazines to “tear-out” images to use in crafting your WYRRB?! story.

INTRO

EXERCISE A

EXERCISE B

THE **INSIDE**

OF YOUR BOX OF MAGIC

[EXERCISE B]

YOUR
DREAMS
FOR THE
FUTURE

YOUR
STORY

THINGS
THAT INSPIRE
YOU

THE **OUTSIDE**

OF YOUR BOX OF MAGIC

[EXERCISE A]

INTRO

EXERCISE A

EXERCISE B

The plan is simple.

In order for you to chase your passion for your entire life, you have to be willing to do a bit of “discovery” work in the beginning. So there are two exercises, seven questions, and nine assignments for you to complete.

You’ll find examples and stories from other students throughout the assignments to show you how fun and exciting this “discovery” work can be.

INTRO

EXERCISE A

EXERCISE B

Let's begin.

I have asked countless numbers of students and adults around the world these seven What's Your Red Rubber Ball?! questions:

[ONE] What makes you laugh or smile and is a source of joy for you?

[TWO] What in life do you find irresistible, a source of inspiration, a reason to get out of bed?

[THREE] What activities excite and enthrall you?

INTRO

EXERCISE A

EXERCISE B

[F O U R] What topics do you love to talk and think about?

[F I V E] What would you do for free?

[S I X] What dreams do you chase?

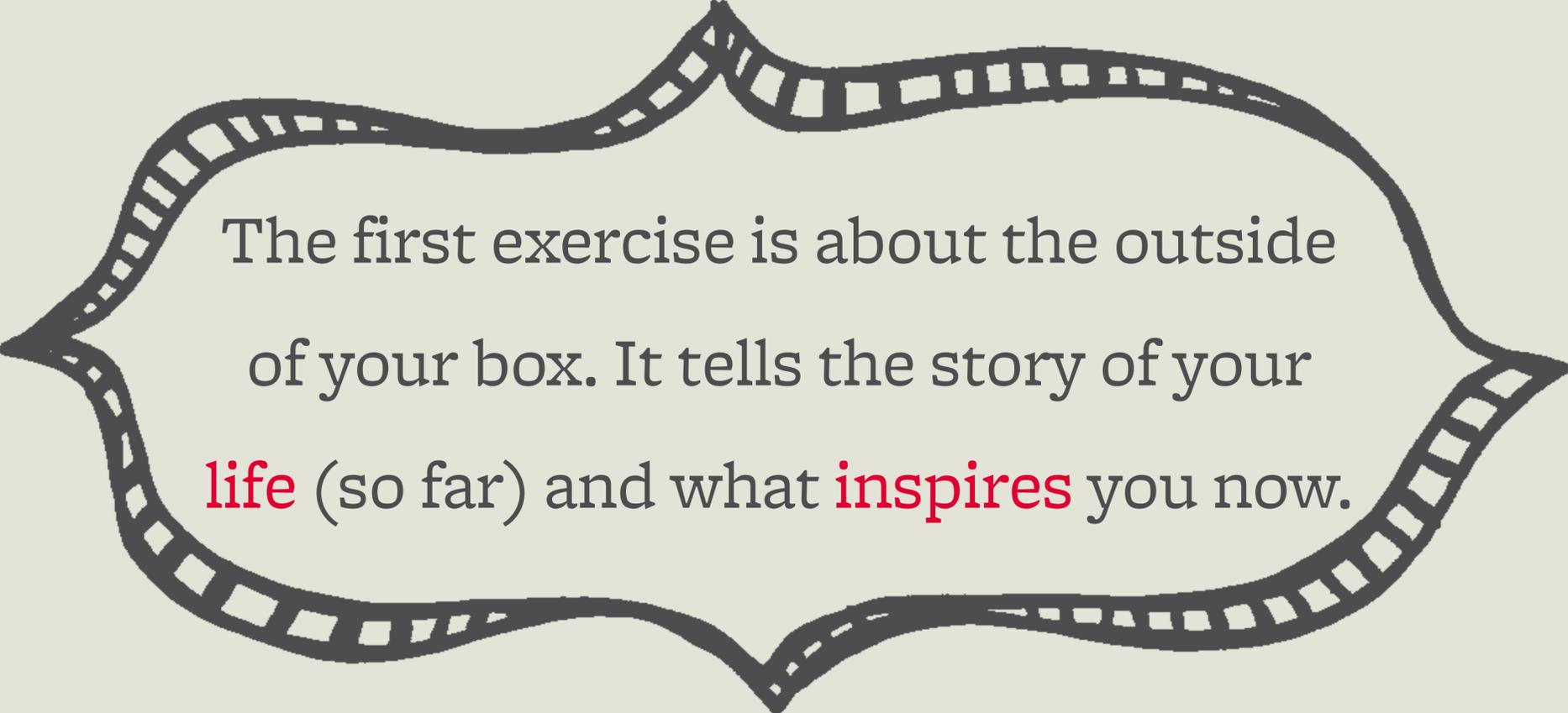
[S E V E N] What's your Red Rubber Ball?!

INTRO

EXERCISE A

EXERCISE B

Now, we will go through the seven WYRRB?! questions and the nine assignments (a nice way of saying the dreaded “H” word: homework!) to help you discover your inspiration. These assignments will be done in a very unusual way. Each one is designed to help you unearth the answers to the seven WYRRB?! questions.



The first exercise is about the outside of your box. It tells the story of your **life** (so far) and what **inspires** you now.

INTRO

EXERCISE A

EXERCISE B

A



INTRO

EXERCISE A

EXERCISE B

EXERCISE A

THE OUTSIDE OF YOUR BOX OF MAGIC

[FIVE ASSIGNMENTS]

1

ANSWER

2

COLLECT

3

MAKE

4

TELL

5

AHA!

INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT

1

a **NSWER**

the first five WYRRB?! questions

INTRO

EXERCISE A

EXERCISE B

[ONE]

What makes you laugh or smile



*and is a source of **joy** for you?*



Maybe it's reading a book, hearing a song, watching a movie, enjoying a TV show, solving a math problem, or drawing something.

INTRO

EXERCISE A

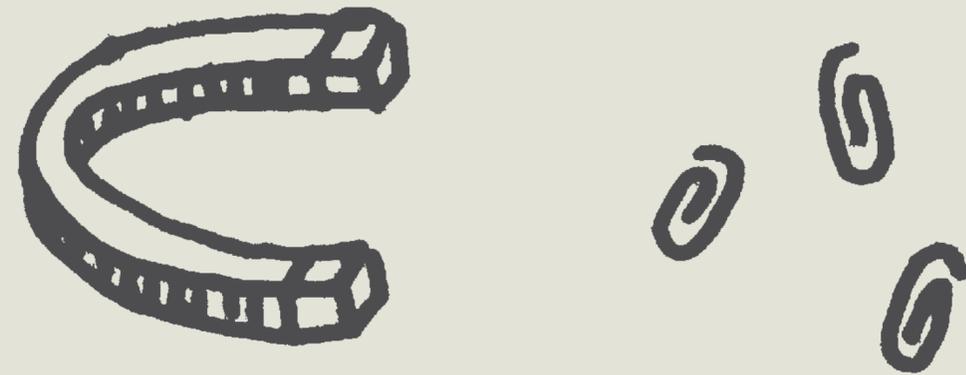
EXERCISE B

[TWO]

What in life do you find

irresistible, a source of

inspiration, a reason to get out of bed?



INTRO

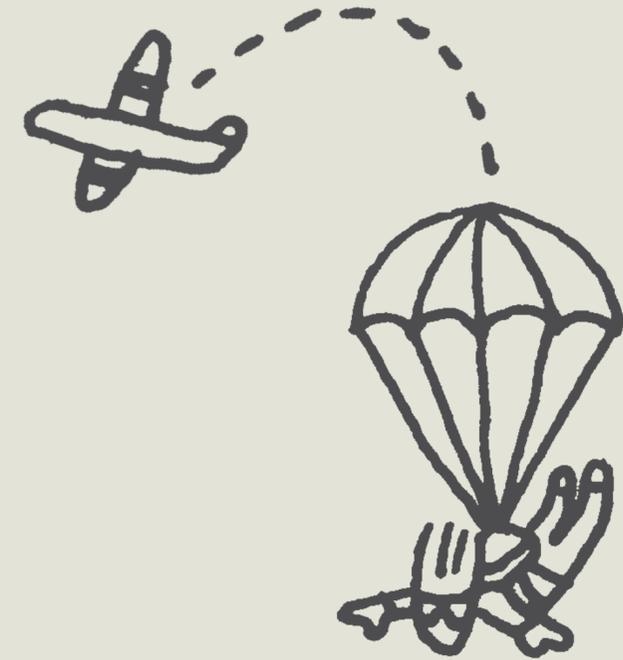
EXERCISE A

EXERCISE B

[THREE]

What activities

excite and enthrall you?



It could be art, music, dance, reading books, cartooning, science, sports, math, chess, drama, singing, computers, video games—the list is endless.

INTRO

EXERCISE A

EXERCISE B

[FOUR]



What topics do you love
to *talk* and *think* about?

[FIVE]

What would you do for *free*?



INTRO

EXERCISE A

EXERCISE B

Write down your answers. Think about your gifts, talents, and interests. Who and what inspires you? Do you have different answers for each question, or do some questions have the same answer? It's okay if they do! Just be as honest and thoughtful as possible. Try not to write one-word answers! Explain why your answers are important to you.



INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT



collect

stuff that inspires you

INTRO

EXERCISE A

EXERCISE B

hint:

Look at your Assignment 1 answers to help you identify words and images that symbolize your interests.

This is a very important phase in discovering your Red Rubber Ball. This assignment is all about finding things that will help you tell your inspiration story, the story of who you are. Think about it clearly. Bring your imagination and energy to the task. Take your time.

INTRO

EXERCISE A

EXERCISE B

So, how will you create your Box of Magic story? There are no rules as to what goes on the outside of the box.

Have fun and be creative! Identify activities, people, and things that excite you, make you curious, and “tickle” your brain. Find ways to describe these things with pictures, words, or whatever comes to mind.

INTRO

EXERCISE A

EXERCISE B





Clip images from magazines, take a photo, draw, or make a copy of something. Collect pictures, craft materials, and objects that you want to paste on the box. Once you have gathered everything, you're ready for the next assignment.

INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT

3

*m*AKE

your Box of Magic personal

INTRO

EXERCISE A

EXERCISE B

hint:

It may help if you put together a plan to accomplish this assignment. Set aside a specific time and place to work on your box. Map out how many days you think you will need to spend on your Box of Magic.

Take a look at the outside of the box. Make a plan of how you want to use each panel to tell the story of what makes you laugh, what inspires you, and what you think about every day.

INTRO

EXERCISE A

EXERCISE B

The possibilities for how to tell your story are endless. Just look at all of the Box of Magic examples on the next couple of pages to see what other people did. The boxes all tell a story in a creative and personal way. There are no rules!



INTRO

EXERCISE A

EXERCISE B



Write on your box. Draw on it. Paste things on it. Come up with whatever clever way you can to tell your story with the items that you collected.

Once you have your plan—**go!**

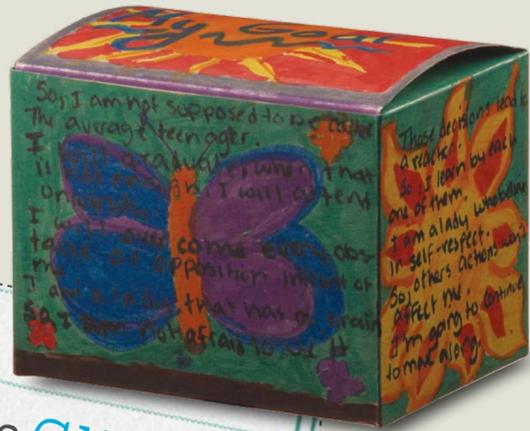
INTRO

EXERCISE A

EXERCISE B

[INSPIRATION FROM OTHERS]

What did you put on your box?



The **world**, the **quote**, and the **butterfly** on my box inspire me to change the world and conserve what Mother Nature gives us.



I placed a **key** and **lock** on my box to represent that I am a closed mystery and that people I love—like friends and family—are the ones I give the key to go “inside.”



INTRO

EXERCISE A



My interest is to become a professional soccer player or car designer. I have included pictures of a **car**, my **friends**, and a **soccer ball**, because I want to play in a professional league.



I drew **arrows** all over my box. Then I took the box apart and taped it back together. This represents my search for motivation and direction.



EXERCISE B



more Boxes of Magic to inspire you

INTRO

EXERCISE A

EXERCISE B



ASSIGNMENT

4

TELL

your Encourager about your Box

INTRO

EXERCISE A

EXERCISE B

hint:

To find an Encourager, think about people that you admire and respect. Encouragers can be parents, teachers, a relative, a brother or sister, a local store owner, or a neighborhood leader.

After you make the outside of your box, it's time to get together with an Encourager and tell him or her about it.

INTRO

EXERCISE A

EXERCISE B

I don't have an easy explanation of how I came to realize in elementary school that the ability to clearly talk about my inspiration was important. I think I just got tired of getting laughed at, receiving mediocre grades on my book reports because they were "overly focused on sports," and having so many disapproving notes sent home by my teachers about my persistent mentioning of sports.

INTRO

EXERCISE A

EXERCISE B

I figured out by trial and error that every time I shared my inspiration story with someone in a clear, thoughtful, direct manner, they responded in a positive way. Over time, I came to understand that telling my story was a powerful way for me to gain support for my ideas. Since my biggest idea was to chase my Red Rubber Ball for a lifetime, I needed to get people to believe in my passion as much as I believed in it. I set out to create a network of Encouragers—people who believed in my Chase and could provide guidance, wisdom, and direction.

INTRO

EXERCISE A

EXERCISE B

The act of telling your story to your Encourager will help you turn your inspiration into an actual activity with outcomes and results. By discussing it with someone you admire, look up to, and respect, you move from simply placing ideas on the box to finding a way to get others to believe, support, and encourage you in your lifetime Chase. You will need to practice telling your story. Practice it over and over and over until you know it really well and you are confident about it. You have to be prepared.

INTRO

EXERCISE A

EXERCISE B

You want to be able to discuss your outside Box of Magic story clearly. You need to be able to talk about why you chose the things that you put on your box and be prepared to get feedback from your Encourager. You may even be challenged by your Encourager and asked to provide more detail.

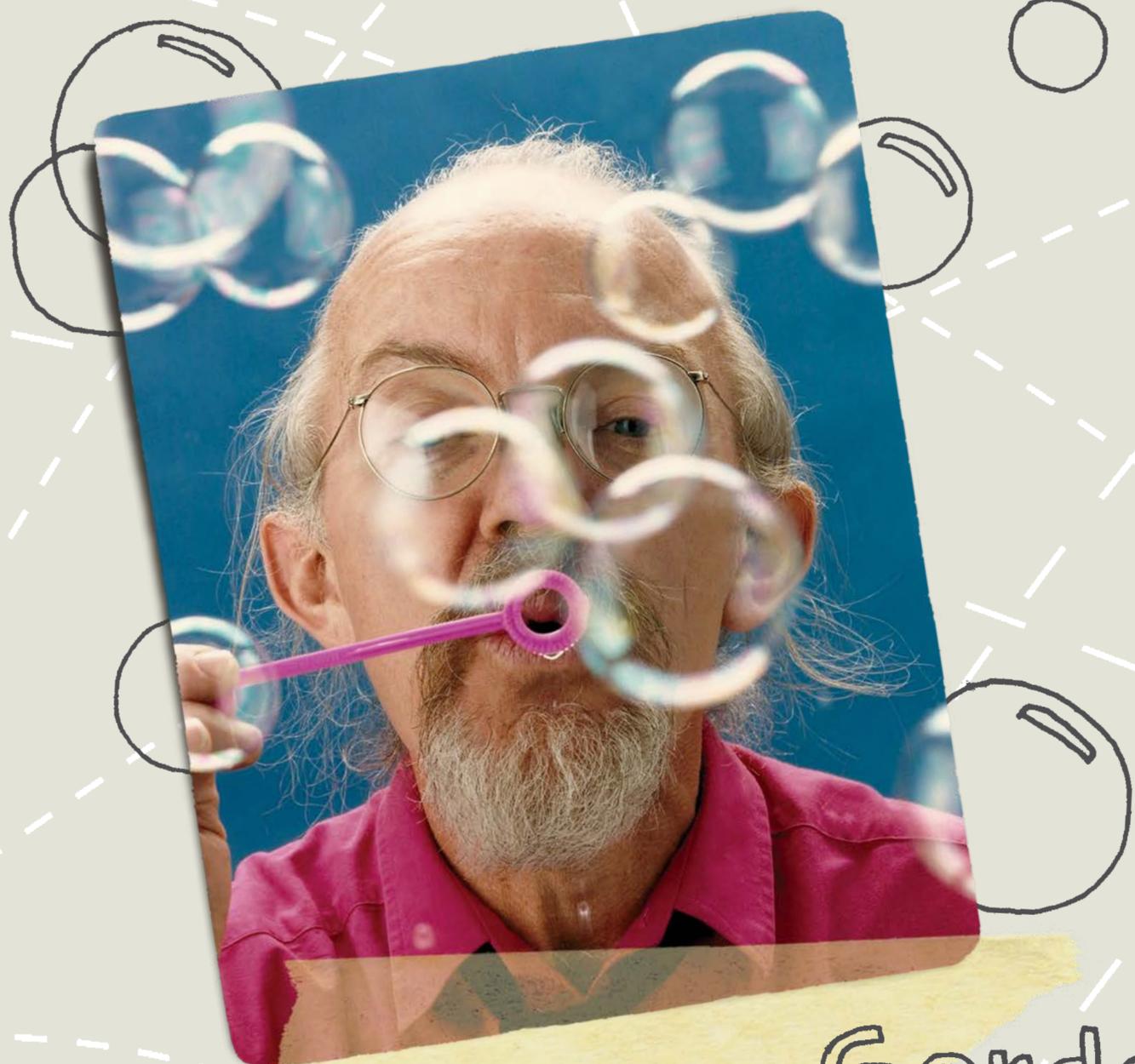
So be ready and have courage because this is a big step in your effort to turn your dream into a reality!

Write down the names of some Encouragers you will talk to and find a time to tell them about your Box of Magic. After you talk to them, write about your experience. What was it like? What feedback did they give you?

INTRO

EXERCISE A

EXERCISE B



Gordon

Gordon MacKenzie, the man who gave me my first Box of Magic, became one of my most influential Encouragers. He taught me that sharing information of personal value is one of the greatest gifts a person can give to another.

INTRO

EXERCISE A

EXERCISE B

Talk about your box.

Sports are a lot more than fun and games. They teach life lessons about friendship, success, victory, and defeat and most importantly, how hard work pays off. My favorite sport is basketball. There is nothing in the world I enjoy more than playing basketball. Whether I become a professional basketball player or not, I will always be thinking and doing whatever I possibly can to be a part of the game.



I love interior design because I love to create new things. When I sit and just start drawing floor plans and elevations, I just can't stop myself!



I wanted to cut away at the box to be creative. Behind the trees, I wrote about all of the activities I like to do outside like running, camping, biking, and canoeing.



On the front of my box are pictures from all over the world. I love going to places I've never been before and exploring them. Nothing compares to the adventures I've had while traveling, and I always return with a new appreciation for home.

ASSIGNMENT

5

a HA!

your Encourager gets it

INTRO

EXERCISE A

EXERCISE B

hint:

The “Aha!” moment is a critical step. You will have to rehearse telling your inspiration story an awful lot to be certain that you achieve this goal.

Whenever you get an “Aha!” moment, write it down in your WYRRB?! Journal.

The goal of sharing your Box of Magic story is to experience the “Aha!” moment from your Encourager.

INTRO

EXERCISE A

EXERCISE B

What is an “Aha!” moment?

It is the point when your Encourager clearly understands and believes in your inspiration story.

INTRO

EXERCISE A

EXERCISE B

Look for these reactions from your Encourager:

- ➔ A big grin or a “Wow!”
- ➔ A nodding of the head in agreement
- ➔ A change in body position to leaning forward
- ➔ A “That’s cool, let me help you!” response is shouted.

INTRO

EXERCISE A

EXERCISE B

All of these reactions signal interest, investment, excitement. Your Encourager is actively listening to you, and your story is clear and exciting. A positive reaction to your inspiration story will help give you the encouragement you need to discover your Red Rubber Ball and chase it for a lifetime.

INTRO

EXERCISE A

EXERCISE B



* A SPECIAL NOTE

It may take you a few times to share your story clearly and to get the “Aha!” moment. So, if you were really nervous or you weren’t as prepared as you hoped to be, ask your Encourager for feedback. Make adjustments to your story. Then practice, practice, and practice some more.

Ultimately, your goal is the “Aha!” moment. It represents encouragement—the most important thing you need to chase your

INTRO

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EXERCISE B

Red Rubber Ball for a lifetime. You need someone to believe and support your dreams, goals, and hopes.

The responsibility is yours to clearly share what your inspiration is and why it is important to you. Once you can do that, you can put the next big assignment in motion and your Chase will begin!

INTRO

EXERCISE A

EXERCISE B

The outside of the Box of Magic symbolizes your life and who you are.

The things that bring us joy when we are young tend to stay the same throughout our lives. If you love art now, you will probably still appreciate a beautiful painting as an adult. If cars are fascinating to you, you will probably always stop and gaze at a nicely designed automobile. I loved sports when I was young, and I will never stop watching sports in my lifetime. However, **your outside box story will grow the same way that you grow.** New ideas may come to you—new passion and inspiration, too.

INTRO

EXERCISE A

EXERCISE B

The thoughts and feelings you put on the box tell your inspiration story. That leads you to your Red Rubber Ball . . .

INTRO

EXERCISE A

EXERCISE B

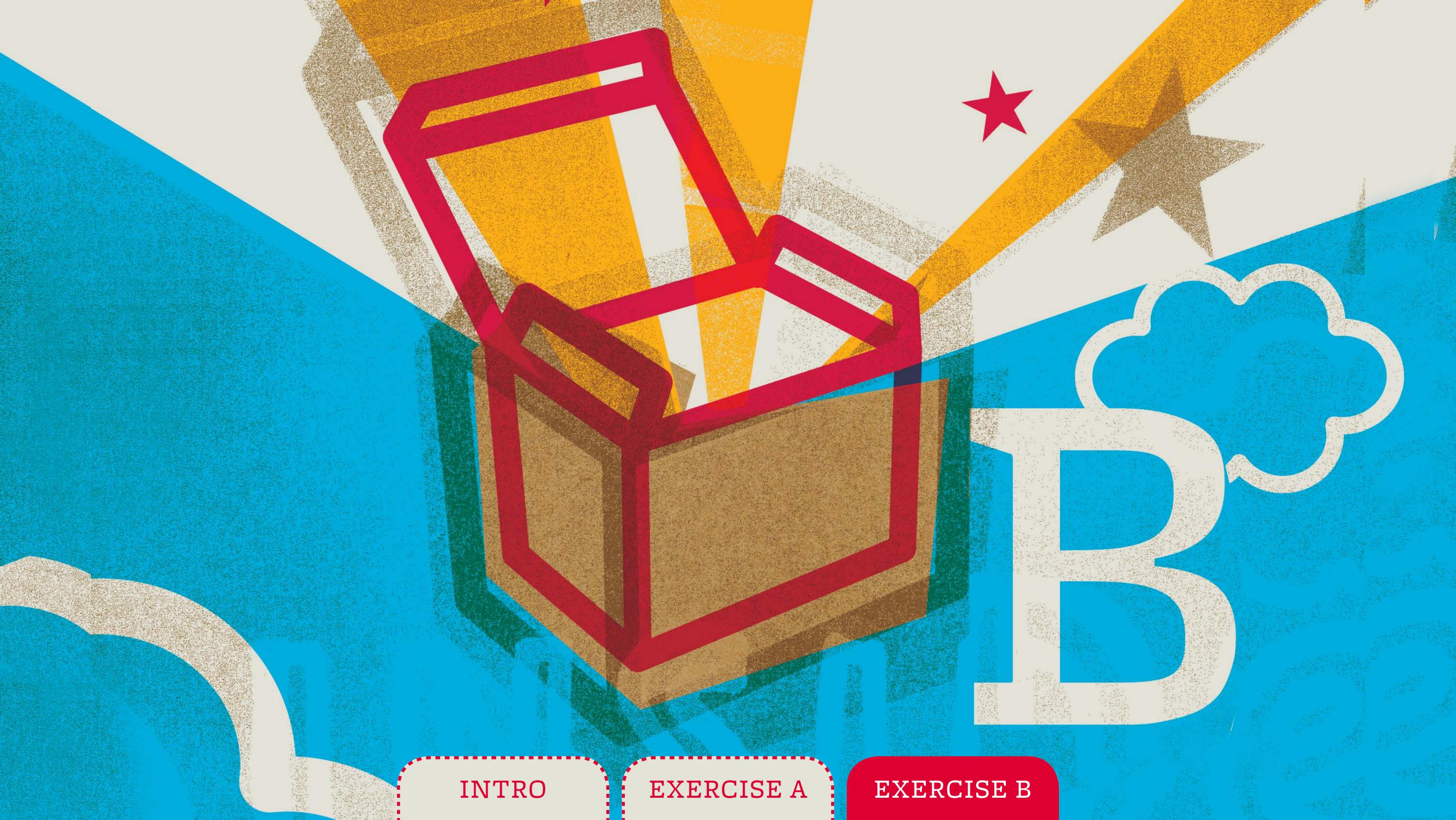


inside
your
Box of
magic

INTRO

EXERCISE A

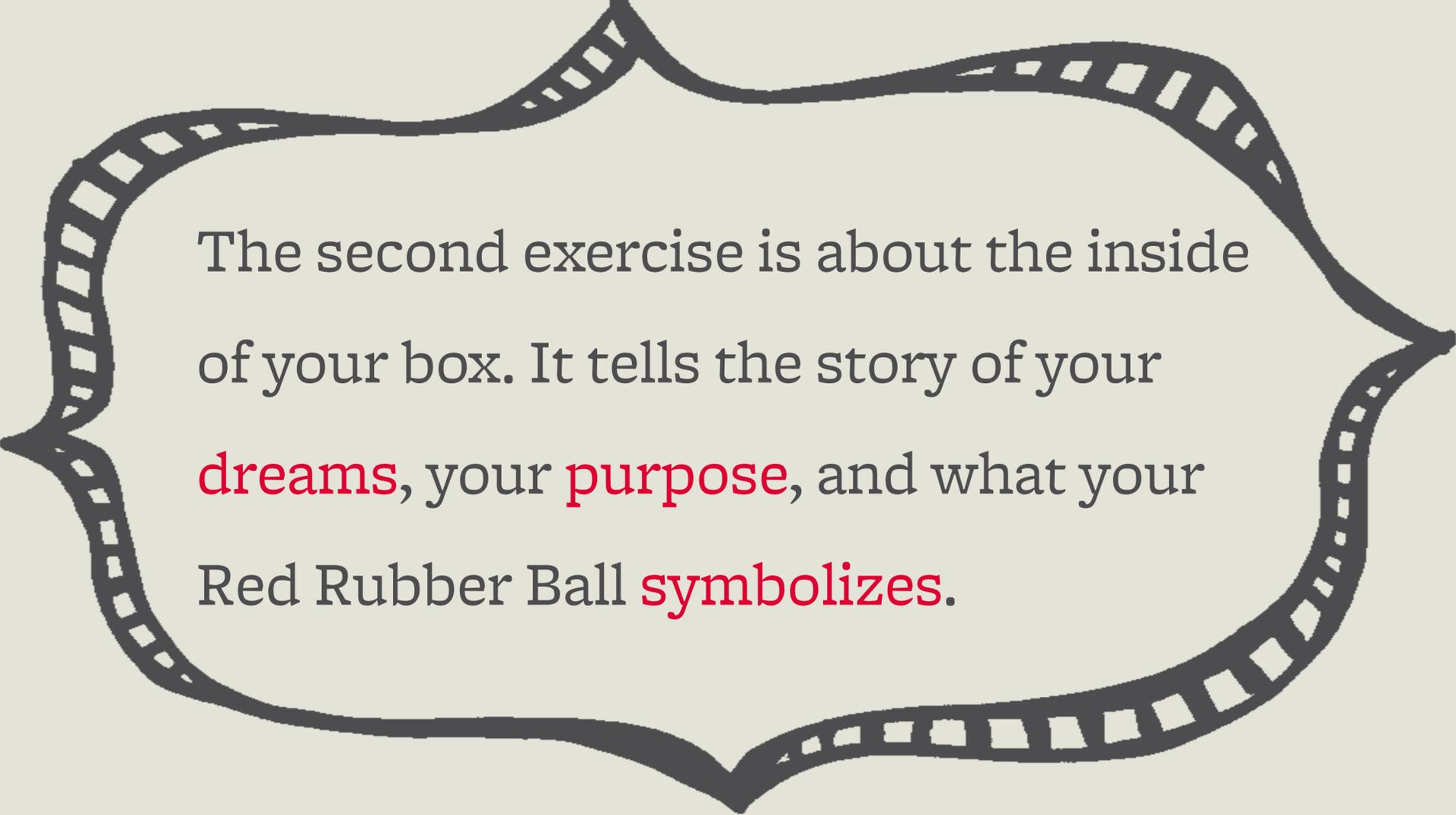
EXERCISE B



INTRO

EXERCISE A

EXERCISE B



The second exercise is about the inside of your box. It tells the story of your **dreams**, your **purpose**, and what your Red Rubber Ball **symbolizes**.

INTRO

EXERCISE A

EXERCISE B

EXERCISE B

THE INSIDE OF YOUR BOX OF MAGIC

[FOUR ASSIGNMENTS]

6

EXPLORE

7

ANSWER

8

REVEAL

9

CHASE

INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT

6

EXPLORE

your dreams

INTRO

EXERCISE A

EXERCISE B

The last two WYRRB?! questions will be the most difficult to answer because they are the ones that will directly impact your lifelong Chase. By answering them, you will be setting your personal vision in motion (chasing your Red Rubber Ball) and putting an action plan in place to turn your dreams into reality.

INTRO

EXERCISE A

EXERCISE B

PART ONE

Answer the sixth WYRRB?!
question.

[SIX]



What dreams do you *chase*?

INTRO

EXERCISE A

EXERCISE B

PART TWO

Make the inside of your Box of Magic personal.

The inside of your Box of Magic is where you put your big goals—the ones you want to chase. Collect images and ideas that symbolize these dreams.

Make the inside of your Box using these words, images, and symbols.

INTRO

EXERCISE A

EXERCISE B



INTRO

EXERCISE A

EXERCISE B

Whatever you did
for the least of these,
you did for me.

change
optimism
warmth
appetite
life
energy
desire
love

fireflies and dancing under the stars



Some people put objects that symbolize their dreams inside their Box.

Mine has a lot of different things inside it that inspire me to live my dreams. What could you put inside your Box that would inspire you every time you see it? Be creative!

Once you have collected everything, create your inside Box of Magic story.

INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT



a **ANSWER***r*

the final WYRRRB?! question

INTRO

EXERCISE A

EXERCISE B

[SEVEN]



What's your

Red Rubber Ball?! (a.k.a. WYRRRB?!)

Your Red Rubber Ball (the dream you will chase for a lifetime) should be focused on your inspiration but it should also be big and wide enough to allow for many possibilities. Choosing to chase the things that inspire you can give you a lifetime full of joy. It's that “figuring-out-what-you-want-to-chase” part that can be frustrating.

INTRO

EXERCISE A

EXERCISE B

You will really need to think through your inspiration story. You should look at the feedback you received from your Encourager and determine a direction for your inside Box of Magic inspiration story. Take your time deciding what you want your Chase to be.

Know that your Chase will shift and evolve, but the things that inspire you will stay consistent. My journey has been full of unexpected, challenging, and surprising twists and turns, but I never stopped being involved with the things that inspired me from a very young age.

INTRO

EXERCISE A

EXERCISE B

If you're still not sure what dream to chase, here are some suggestions:



Do more research on the things you enjoy that might give you a better idea about what you want your Red Rubber Ball to be.



Review your outside Box of Magic story again and see if you can find some new hints to help you make your decision.



Discuss your challenge with your Encourager and get some feedback from him or her.

INTRO

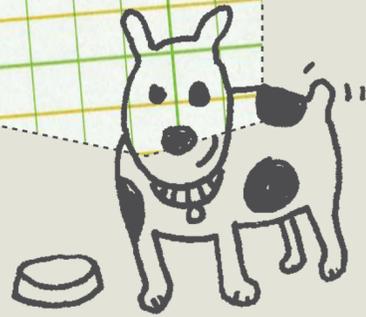
EXERCISE A

EXERCISE B

[INSPIRATION FROM OTHERS]

What is your Red Rubber Ball?

My Red Rubber Ball is
a little dog.



My dream is to be a
really good
swimmer
and someday be a
veterinarian.

My Red Rubber Ball is
baseball because I want
to be a baseball
player.
Or a doctor.

My Red Rubber
Ball is singing
and acting.



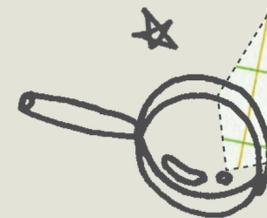
I want to serve in the
U.S. Air Force.

I want to attend Harvard University
and become a brain surgeon.

My Red Rubber Ball
is my drums.



My dream is to become
a detective.



INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT

8

ReVEAL

the inside of your Box

INTRO

EXERCISE A

EXERCISE B

hint:

If the feedback you receive isn't positive, then get some direction from your Encourager. Find out what it may need to be better.

Develop a new plan. Practice, practice, and practice some more telling your Chase story. Go for the "Aha!" again.

It is time to talk to your Encourager again. Open your Box, reveal the contents, and tell your Encourager about the inside of your Box of Magic and your dreams. Tell them about the dream you want to chase for a lifetime—your Red Rubber Ball.

INTRO

EXERCISE A

EXERCISE B

By opening your Box of Magic, you are showing courage. Many people have fantastic ideas but lack the courage to act on them and turn their ideas into reality. Opening the lid to your Box of Magic and sharing your dream with your Encourager is a big moment in your Chase.

INTRO

EXERCISE A

EXERCISE B

Sharing a hope or dream with someone is not an easy thing to do.

That is why courage is so important. Remember to prepare yourself the same way you did for Exercise A. Practice until you can tell your Chase story with confidence. Be sure to relax, take a deep breath, and be committed to your inspiration and dream.

Once again, look for the “Aha!” moment—“that’s cool” or “that’s fascinating” or “that’s wonderful” or “that’s interesting . . . let me help you!” The feedback you receive at this time will be very important.

INTRO

EXERCISE A

EXERCISE B

ASSIGNMENT

9

cHase

your Red Rubber Ball

(for the rest of your life)

INTRO

EXERCISE A

EXERCISE B

hint:

Luck is not what you think at all. Luck isn't about hoping and wishing something may happen for you. Luck is all about preparing yourself for a moment to shine. You already did your "homework" and you were just waiting for the time to demonstrate it.

Your Chase will take courage, commitment, and determination. You need to be willing to do your "homework" now to create the future you want.

INTRO

EXERCISE A

EXERCISE B

Have a discussion with your Encourager about your Chase. Clearly communicate what you hope to accomplish, create a plan of action, and commit to it. Talk about how you will need their support on a daily basis and discuss the role they will play in your Chase. Discuss how you now realize that every day is one step closer to making your dream a reality and that you will make it a reality with their guidance, support, and encouragement.

Sometimes, as we are growing up or growing older we abandon the things that “tickle” our brains. Sometimes we believe the words of a

INTRO

EXERCISE A

EXERCISE B

“doubter” who tells us our inspiration isn’t important and our dreams are out of reach. Your challenge is to stay committed to your Red Rubber Ball and find new and better ways to chase it even when it seems out of reach. If you want that inspiration to turn into a lifetime Chase you will have to be creative and clever. You will have to demonstrate discipline, have the ability to problem solve, and be willing to fight and defend your ideas at times. It always helps to have a bit of “luck”^[*] to turn your inspiration into your lifelong Chase.

[*] preparation + opportunity =
LUCK 🍀

INTRO

EXERCISE A

EXERCISE B



Enjoy your Chase

...and never give up.

ike

whAt's
Y●**OU**
rED
RuBBer
BaLL?!