

**SEASON # 1 EPISODE # 4 QUARTER # 1**

**THEME:** AWARENESS THROUGH HONESTY

**TITLE:** EVALUATING SOCIETAL EXPECTATIONS: Norms, Barriers, & Possibilities

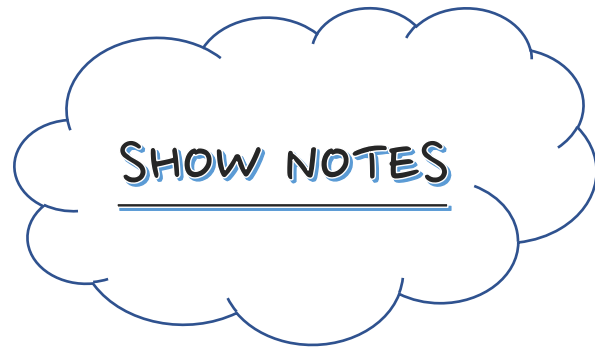
**MONOLOGUE QUESTION:** Have you ever been labeled and felt societal judgments because of those labels?

**SEGMENT GOAL:** Open the thought process to take notice of pervasive issues in society and offer a counter solution.

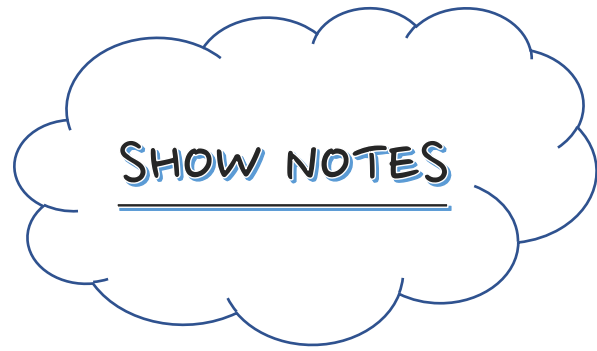
A focus on what is possible as opposed to a focus on the perceived limitations may shift your ability to stay determined and achieve.

**KEY POINTS:**

- My experience with labels began as a child when kids at school called me a "white girl" long before they addressed me by name

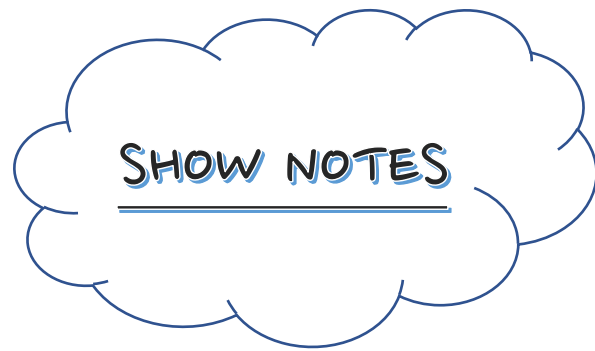


- As I have aged, labels have extended to deeper contexts, for example, as a parent who sat in a room and listened to a stranger label my first-born son as being on the autism spectrum
- Whenever I have been prompted to discuss my son's medical diagnosis, I've easily picked up on judgments from others, body language, discomfort, almost a desire to apologize for my journey
- When I have studied societal norms in concentration, the consistent theme has been people shape their ideas and experiences based on interactions with others and the depth of meaningful relationships and concerted efforts for understanding
- As a society, we learn and disengage because of our focus on connection or the desire to detox from it
- The barriers to growth are rooted in unwillingness to commit to a process that relies on consciousness and dedication and constant reflection
- Most discussions, communications, and targeted media focus on the things labeled as "the problem" or "the pain"--- "autism xyz" for example
- What is not yet the majority is alternative methods of understanding meant to strengthen the correlation between



SEEing with EXCEPTIONAL focus and ACTING as a VISIONARY to achieve fulfillment in all areas of living

- So, what supports are needed to cultivate the energy and make impact?



**CTA:** Consider the ways you've been labeled in life, how have you confronted the barriers? Are you committed to SEEing beyond the social norms and barriers associated with those labels? Are you living for possibilities not limitations? If not, why?

**CREATIVE CONNECTION:** "You don't change the world simply by looking at it. You change it through the way you choose to live in it." -Aeronauts, The Movie

**MANTRA:** I choose to live in a world where I AM AWARE of the way things are, I AM FEARLESS to change what I feel is necessary, and MY CONTRIBUTIONS are valuable.