

# BOX EXERCISE

Follow this exercise to demonstrate the impact negative baggage has on your mindset and decisions.

**Directions:** Take an empty box, or cut out and assemble the box below. Next, fill the box with some heavy items. Try to move it. You can blow on it, push it with a finger or a whole hand, whichever you like. Notice how heavy it is. Does the box move easily? Why or why not? Now, take a few items out, and try to move it once again. Make note on how responsive and adaptable it is to its environment while it's full compared to when it contained a few items.

**Purpose:** This box exercise showcases how we take in emotions. There will always be baggage. If we keep bottling them up, we feel stuck, immovable in our problems, and place a negative filter on our movements and actions. If we start to share our problems, redefine them, and change our perspective, we lighten our load and feelings. In this way, we can be more flexible to situations and the environment that surround us.

