**Hook:**

Stop at 1:16

Leave behind the past so you can focus on the your future

Team fearless

[**https://www.youtube.com/watch?v=ZaD0cnafciU**](https://www.youtube.com/watch?v=ZaD0cnafciU)

**BQ:**

Does your past influence your ability to change your future?

Growing up I was always pretty shy.

Does that mean I have to be shy my whole life? No, as a matter of fact I’m nowhere near as shy I used to be. Did my past of being shy affect my ability to be less shy in my future which is now? Yes, my mental thoughts and perception of myself are the reason I’m less shy. I know that I don’t want to be the shy person I was in my younger days. So I take my past of being shy and build off of that as a reminder of who I don’t want to be.

**Cornell Notes:**

Self-concept is one’s cognitive representation of one’s own identity.

You are that past or future being that has your body, or that is the same biological organism as you are, or the like.

Physically you are you. The body you had in the past will carry with you into your future. How that body works and thinks can change as you grow older. The question is, does your past have an impact on your ability to change? Or is your past completely irrelevant and the person you used to be is someone you'd like to forget about.

**Indian Education:**

Sherman Alexie grew up with an alcoholic father and a depressed mother. A fairly sad household one could say. However, with them being a big part of his childhood does that mean he’ll grow up to be a depressed, alcoholic man? No, he infact did the opposite. He took his past and decided he wasn't going to live life like his parents did, so he built his future off of that.

**Short Story:**

The Lawyers League was about a man named Richard who grew up with a love for basketball. He knew he didn’t have the skills it took to make it big in basketball. He had the ambition to change his future to something he wanted that was more realistic. He never forgot his past of basketball though. He just used his leadership and friendliness skills from the court to become the great politician he is.

**Conclusion:**

Does your past influence your ability to change your future?

You can easily build your future self based off of your past. That doesn't mean you have to though. Some people may decide to put who they were in the past behind them and become a new person in the future. However, overall your past was once a part of you that you have learned from. If you completely want to forget about the old you then you have still learned from that old you that that isn't someone you want to be.