



BRANDON ALLEN



(DATE)

INTERJECTIONALITY:

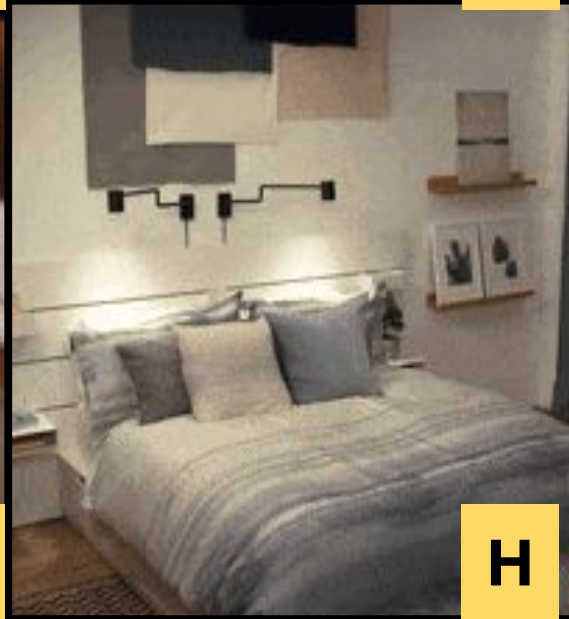
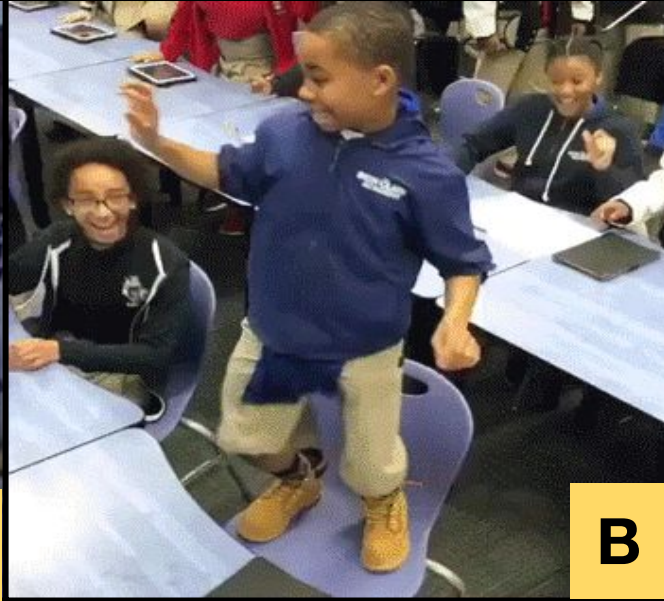
*your story, your beliefs,
and your actions*



★
RANDON ALLEN

[DATE]

Which gif best describes how you feel right now?



OUR AGREEMENTS

TRUST THE
PROCESS

REMAIN
OPEN AND
VULNERABLE

THIS IS LIKE A
BANK



MY COMMITMENT TO YOU IS

- **VULNERABILITY**
- **INSPIRATION**
- **HOPE**



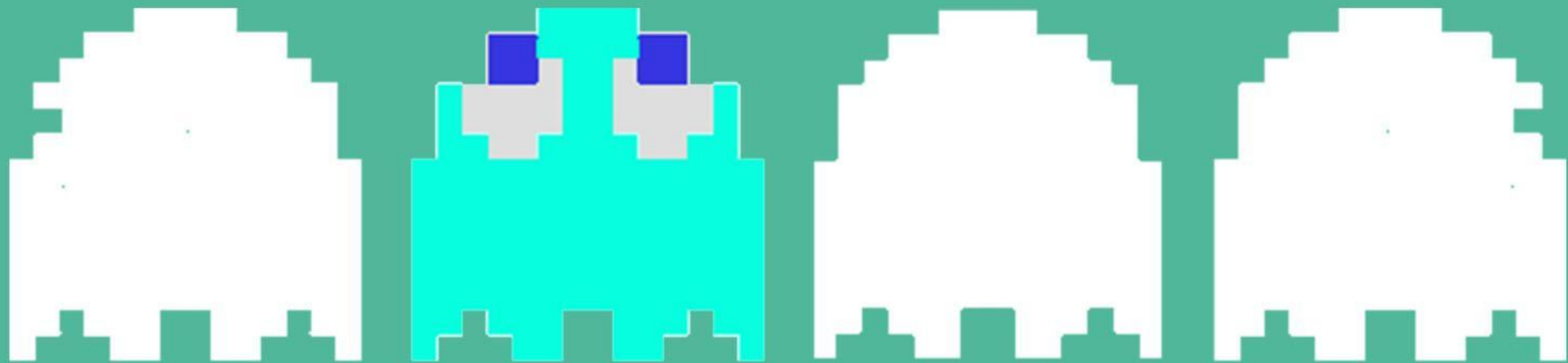
SQUAD UP



!NTERJEC!IONAL!TY:
*your story, your beliefs,
and your actions*



PAC-MAN



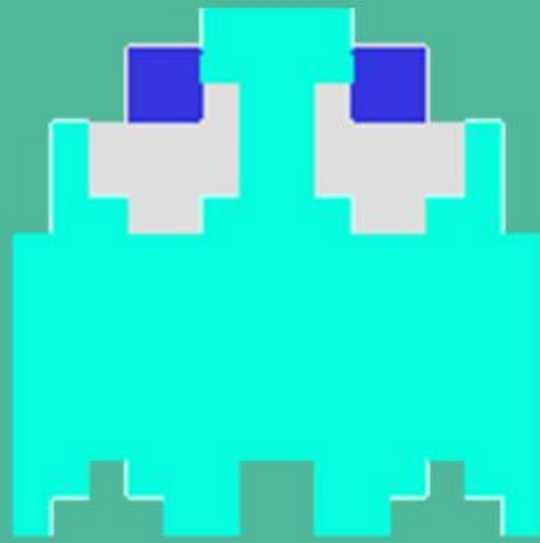
INKY



PAC-MAN



BLINKY



INKY



PINKY



CLYDE



THREE STOOGES



M O E



THREE STOOGES



MOE CURLY LARRY



SCOOBY DOO GANG

DAPHNE



SCOOBY DOO GANG



*DAPHNE
FRED
SCOOBY
SHAGGY
VELMA*



WIZARD OF OZ

DOROTHY



WIZARD OF OZ



*DOROTHY
TIN MAN
SCARECROW
COWARDLY LION*



SUPER MARIO BROS.



MARIO



SUPER MARIO BROS.



PEACH



LUIGI



MARIO



TOAD



OG AVENGERS

IRON MAN



OG AVENGERS

IRON MAN
HAWKEYE
THOR
CAPTAIN AMERICA
BLACK WIDOW
HULK



LION KING

SIMBA



LION KING

ZAZU
TIMON
PUMBAA
MUFASA



SIMBA
NALA
RAFIKI
SCAR

SPONGEBOB

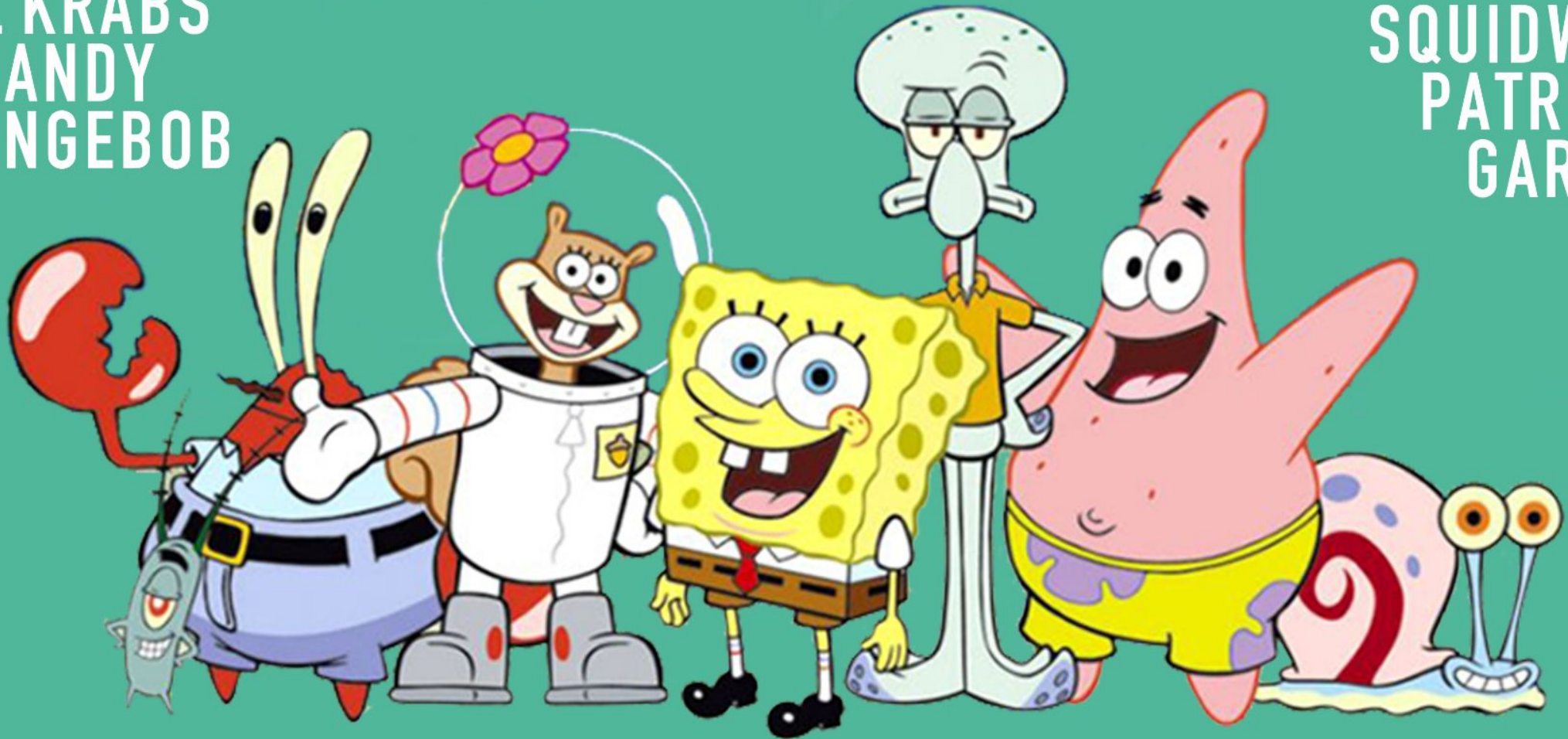
SPONGEBOB



SPONGEBOB

PLANKTON
MR. KRABS
SANDY
SPONGEBOB

SQUIDWARD
PATRICK
GARY



TOY STORY

BUZZ



TOY STORY

BUZZ
JESSIE
WOODY
HAMM
SLINKY



BULLSEYE
REX
ALIENS
MR. POTATO HEAD
MRS. POTATO HEAD



CLOSE YOUR EYES

LET'S GROUND

OURSELVES!

INTERJECTIONALITY:

*your story, your beliefs,
and your actions*



"It doesn't matter if you're the slowest kid in gym class or the fastest man alive, every one of us is running. Being alive means running; running from something; running to something or someone. And no matter how fast you are, there are some things you can't outrun; some things always manage to catch up to you."

BARRY ALLEN - FLASH



INTERSECTIONALITY:
*your story, your beliefs,
and your actions*



WHAT IS A VISION?



INTERSECTIONALITY:
*your story, your beliefs,
and your actions*



**VISION MEANS TO SEE WHERE YOU
WANT BE IN THE FUTURE & KNOW
WHO YOU NEED TO BECOME TO GET
THERE.**



VISION

TENSION



TENSION

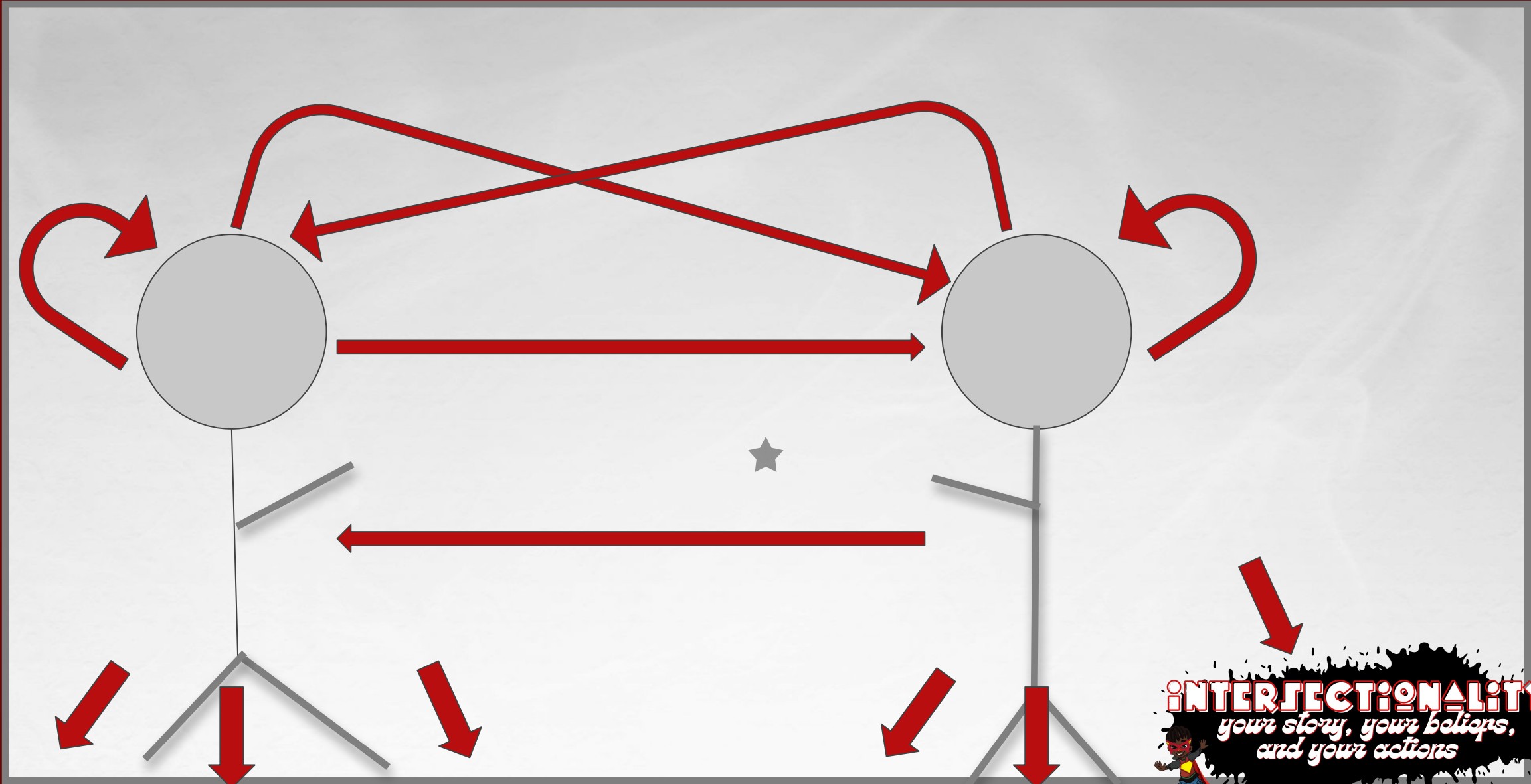


CURRENT REALITY

LET'S CREATE A VISION

1. WHAT DO YOU WANT TO ACCOMPLISH? (GOAL)
2. WHO DO YOU NEED TO BECOME TO ACCOMPLISH YOUR GOAL? (VISION)
3. IN ORDER TO BECOME THAT, WHAT ARE YOU WILLING TO COMMIT TO?





INTERSECTIONALITY:
*your story, your beliefs,
and your actions*



SPEED ~~DATE~~ MEETING

INTERSECTIONALITY:

*your story, your beliefs,
and your actions*



We will stand in two circles, one inner and one outer, and we will be in front of someone at all times answering questions provided. Some questions may be a little more intentional than others, yet let's remember our agreements and commitments.



**Name something that brings
you extreme joy.**



What is your biggest regret?



What would you call your most significant achievement?



**What year would you like to do
over? Why?**



Do you get along with your siblings? Tell us why? If you are a single child how does that feel?



**Who is one of the people you
most admire and why?**



What is your biggest fear?



**Name a time you felt trapped
and why.**



**What is a great memory you
still have about your parents?
What about not so great?**



**I feel like I show up my best
when...?**



**My greatest heartbreak was
when...?**



**One thing I love about myself
the most is...? ★**

!NTERJEC!IONALITY:
*your story, your beliefs,
and your actions*



One area of my life I am open to transform is? ★

!NTERJEC!IONALITY:
*your story, your beliefs,
and your actions*



**What does freedom mean to
you?**



!NTERJECT!ONAL!TY:

*your story, your beliefs,
and your actions*



**Name an embarrassing
moment in your life.**



**What would those closest to
you say about you?**

!NTERJECT!ONALITY:
*your story, your beliefs,
and your actions*



**What would those who don't
like you say their reasons to
not like you are?**

!NTERJEC!ONALITY:
*your story, your beliefs,
and your actions*



**What would those who don't
like you say their reasons to
not like you are?**

!INTERSECTIONALITY:
*your story, your beliefs,
and your actions*



**When do you feel the most
loved?**



**LET'S
TALK
ABOUT
IT**



INTERSECTIONALITY:
*your story, your beliefs,
and your actions*



$$E + R = O$$

events + response = outcome

INTERSECTIONALITY:
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and your actions*



Original Response

Possible/Positive Response

**WHAT'S A MAJOR EVENT THAT
YOU'VE EXPERIENCED?**

Original Outcome

Possible/Positive Outcome

JUDGEMENTS



REWARDS & COSTS

●	●
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THOUGHTS AND FEEDBACK






CONNECT WITH ME

BRANDON *Allen*



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ARTIST, LIFE COACH

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