

EXERCISE

1. Think of a very inexpensive item you'd like to own, such as a Popsicle or a shiny new pencil with your name stamped on it in gold-colored letters. *Make sure it's something you don't own at the moment.* Note what the object is in this space:

2. Now think of six ways you can get the item you just named *without leaving your house*. You can use any communications devices or other technologies at your disposal, and you definitely don't have to go it alone. (Magic question No. 4 is all about working with others to reach your objectives.) Even if the methods you come up with aren't things you're really comfortable doing (like borrowing or calling third parties to ask for help), list them. You may build up some courage, and even if you don't, you'll find that refusing to censor your inventiveness will lead to more solutions.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

3. Read over the solutions you've listed, and see if any of them are a) possible, b) legal, and c) morally acceptable to you. If an action plan fulfills *all* these criteria, go ahead and use it.
4. Double-check to make sure your social self isn't ruling out workable solutions. Here are some signs that your social self is acting as your master, rather than your servant:
 - a. When you think about putting the solution into action, you find yourself laughing in embarrassment.
 - b. You react to the proposed solution with thoughts like "I could *never* do that!" or "I can't just . . ." or "But I have to . . ." These statements tend to reflect social inhibitions, not actual limitations.
 - c. You immediately think of some person who'd be upset if you took this course of action, or you stop yourself with the question "What would people think?"
5. If you've had any of the reactions above, consider whether you might want to break the rules of the social game. Be sure you stay within the confines of your own moral system; violating your own integrity will lead you directly away from your own North Star.