

## **Cowboy Hat Exercise**

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(Revised: 19th November 2012 by Clinton Callahan)

### **FORMAT:**

Stage work

Duration: 3-4 minutes per person

### **PURPOSE:**

Give a talk about an unknown topic and let the bright principles talk. Speak into the necessity of the audience.

### **SETUP:**

Step 1: People first sit in circle.

Step 2: Stage work

### **INTRO / BACKGROUND:**

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### **INSTRUCTIONS / PROCEDURE:**

#### **STEP 1:**

Trainer distributes paper and asks participants to write down a word or topic that represents a wish in their lives. "What do you wish for? What would you like to have more of in your life? E. g. Love, relationship, intimacy, ...."

Then trainer asks participants to fold paper (everybody in the same way) and put the paper into a garbage can or hat (if available).

#### **STEP 2:**

Trainer asks people to put the chairs towards the stage.

One person gets up front, picks a paper, reads the word and puts the paper away.

Then the person gives a 3 to 4 minute talk about the topic/word on the paper, speaking into the necessity of the audience.

Exercise can be done with or without giving feedback.

### **DEBRIEF:**