"What is your deepest fear?"

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. It's not just in some of us; it is in every one of us. And as we let our own lights shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." *~ Tino Cruz ("Coach Carter")*

The movie, "Coach Carter" tells the story of a teacher and Coach who tried to change a school and a community by helping his students and athletes change their view of themselves. This coach worked to help his students understand that although they might not be able to change or have control over their past (or even their present circumstances), they do and can take control of their lives and their futures by the choices they make and the lessons they allow themselves to learn. Throughout the film he asks the same question of his students/team. The question is, "What is your deepest fear?" This quote was the answer to that question. It was the answer that one of his students arrived at after having considered, questioned and lived through a very challenging time in his personal journey.

*** Reflect upon this quote. What is the meaning of his response? What is the message his words convey. "Translate" the message in your own words. Connect this quote to your life or to a real-life situation or circumstance. How does this quote "speak" to you and to your generation? (*100 + words*)**

* **What is *your* deepest fear?** Answer this question and provide a response that mirrors the above response.