Sheila Love IMPACT-ology Mastermind

“Sheila Love — Where Everything Is Possible”

LESSON 6

The Stick Person Model

Position	Lesson 6 of 20
Duration	40–50 minutes
Age Group	12–18 years, Liberia, West Africa
Core Idea	A simple two-circle drawing shows how your mind actually works: conscious mind, subconscious mind, body, and the results that follow.

1. LEARNING OBJECTIVES

By the end of this lesson, students will be able to:

1. Draw and label the Stick Person model from memory
2. Explain what enters through the five senses and where it goes
3. Distinguish the role of the conscious mind from the subconscious mind
4. Identify one result in their own life the model helps explain

2. OPENING HOOK (5 minutes)

Give everyone a blank piece of paper.

> “Draw your mind. However you picture it. You have thirty seconds. Go.”

Let them struggle. Most will draw a brain, or nothing at all, or hesitate and draw a stick figure's head with a question mark inside it.

“Keep that drawing. We're about to replace it with a better one.”

3. CORE CONTENT

Two Circles

Draw a large circle. Underneath it, a small circle, connected by a straight line.

The large circle is your mind. The small circle is your body. The mind is drawn bigger on purpose. The mind gives the orders. The body carries them out.

A Line Through the Middle

Draw a horizontal line through the large circle. Now the mind has two halves.

Top half: the conscious mind. This is where you think, decide, question, dream. Your five senses feed in here first, everything you see, hear, smell, taste, and touch.

Bottom half: the subconscious mind. This is where feelings live, and habits, and every automatic program you never think about running.

From Birth, and After

Some of what sits in the subconscious half, you were born with. The rest arrived in early childhood, and from your culture, long before you were old enough to question any of it.

The conscious mind can accept or reject a new idea. The subconscious mind cannot. Whatever the conscious mind lets through, the subconscious simply accepts and runs, no filter of its own.

The Results at the Bottom

The subconscious connects straight down to the body. The body acts. The actions produce results.

So your results are never really about the body doing its best or worst. They are a picture of what has been let through, and repeated, in the mind above it.

4. STORY: ‘TWO FEET, NO THINKING’

TWO FEET, NO THINKING

Musu was eleven when her older brother first put her on the back of his bicycle and told her to pedal.

She fell four times in the first hour. Her knees carried the proof for a week.

By the end of that first month, though, something strange had happened. She no longer thought about pedaling at all. Her feet simply moved, her body leaned into corners without her deciding to lean, her hands adjusted the handlebars before her mind had

finished noticing the bump in the road.

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Years later, at sixteen, Musu was teaching her younger cousin the same way her brother had taught her.

The cousin fell. Cried a little. Got back on.

“How do you know when to lean?” the cousin asked, frustrated, after the fifth fall.

Musu opened her mouth to answer and found she genuinely did not know how to explain it. Her body simply did it. She had not thought about leaning in years.

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That evening, curious in a way she hadn't been before, Musu tried something. She rode the same familiar stretch of road, but this time, she tried to notice, on purpose, everything her body was doing without her permission.

The way her eyes tracked a pothole three seconds before her hands adjusted. The way her weight shifted before a turn arrived, as if some other part of her had already decided the turn was coming.

It unsettled her a little. Then it fascinated her.

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“It's like there's someone else riding,” she told her cousin the next day, trying to put words to it. “Someone under the part of me that decides things. And that someone learned to ride so well, I don't have to ask it anymore. It just does it.”

Her cousin looked at her like she'd said something strange.

Musu wasn't sure she disagreed.

5. ACTIVITY (10 minutes)

Materials: any paper, any pen or pencil.

1. Draw the Stick Person: large circle on top, small circle below, connected by a line.

2. Draw the horizontal line splitting the large circle. Label the top 'conscious mind' and the bottom 'subconscious mind'.

3. Add small lines from outside the circle pointing to the top half only, for your five senses.

4. Write one thing your body does automatically, without you thinking about it, the way Musu rides her bicycle.

5. Write one result in your own life you now think comes from something running underneath, rather than something you consciously decide each time.

6. DISCUSSION QUESTIONS

1. What did your first attempt at drawing your mind look like, before you saw this model?

2. What is something your own body has learned to do without your conscious mind's involvement anymore?

3. Why do you think the model draws the mind bigger than the body?

4. What is one automatic habit you'd like to look at more closely after today?

7. FACILITATOR NOTES

The drawing itself matters more than any explanation. Have every student draw it, stage by stage, on the board alongside you. Do not skip ahead.

If a graphic or diagram is available for this lesson, use it after the drawing exercise, not instead of it. Building it with their own hands is the point.

Some students may ask whether the subconscious can be changed. Reassure them yes, and that this is coming, but not push the answer today.

This model is used again, more deeply, in Lessons 8 and 9. Tell students to keep their drawing.

8. BRIDGE TO LESSON 7

Before students leave, ask:

“If the conscious mind can accept or reject an idea, but the subconscious cannot, what do you think determines which ideas actually get let through?”

Let them guess.

“We look at that next time, starting with the picture you carry of yourself.”