

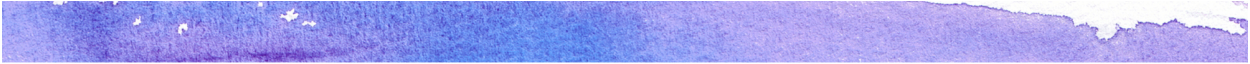
**you're not trapped!**



You might feel like a caged animal sometimes, but you are not trapped. It's easy to feel overwhelmed and spiral into fear and uncertainty. That uncertainty then makes for an easy jump to looking for what is secure-- retirement, health insurance, other perks of the job we are in. It's also easy to get into the thinking that it's better to know the devil you're with than the one you don't know. This is such faulty thinking that it does become a sort of trap. It's not an external trap of the world around us, but an internal trap of our own making.

**"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened."**

**~Alexander Graham Bell**



Whenever I'm feeling especially discouraged I think about other jobs I would like to do. This leads me to one of two places. Either I feel more satisfied with where I am, or I start to formulate my escape plan. I have formulated dozens (maybe hundreds!) of escape plans. I don't act on very many of them! Just the exercise of doing it helps me to see that I am not trapped. There are always other options and possibilities.

► Try this little exercise:

What is making you feel trapped? Is it internal or external? (I usually find that it is inside of me.) What part of you feels trapped?


Write an escape plan for yourself. The sky is the limit.

I think some of my escape plans are inspiration visions for the future. For example I hope to someday travel around the country in an Airstream, with my little family, just encouraging and empowering teachers in schools all over the place.

**"Grace fills empty spaces, but it can only enter where there is a void to receive it, and it is grace itself which makes this void."**

~ Simone Weil

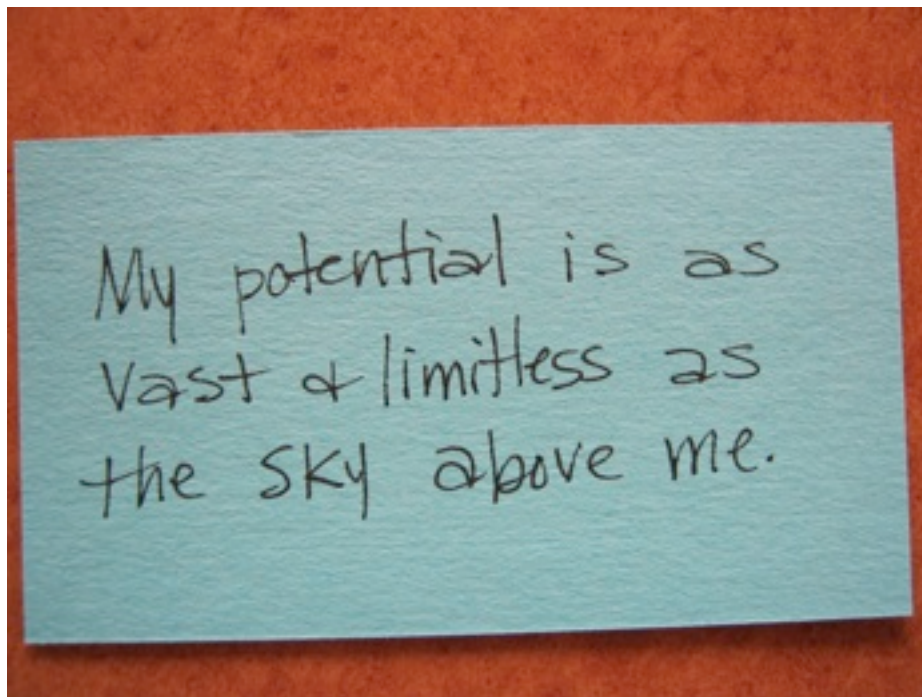




↳ Here is an action step:

What is a project that you can do to feel liberated? Create a plan and do it! Enjoy it! It might be something to improve your work environment or a little craft project. It might be cooking a meal for someone or organize a hike or canoe trip with friends. Whatever it is, do it.

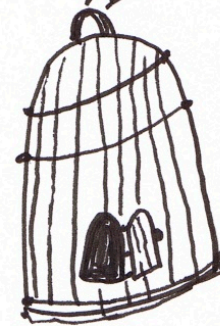
When I feel trapped usually I feel like my creativity, professional expertise or time is being held hostage. I try to come up with a little plan or project that I can do to employ one or more of those things. For example: This summer I'm compiling an Interactive Reading/Language Arts Notebook for my classroom based on the reading program my district mandates. In some way I feel like I'm taking back my creativity, time, and professional expertise.





I am not trapped! Here are some ways  
I remind myself of my choices:

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## about brave teacher mim



Brave Teacher Mim is also known as Miriam Daniel or Mim. She is an enthusiastic and creative soul. Her dream is to make a wonder-full life by inspirationally sharing her passion, knowledge, and experience, as well as creating tools that empower other brave teachers. She is a nurturing catalyst who empowers heart change in teachers.

“You’re Not Trapped” is an excerpt from her first ebook, [There Is No Magic Wand](#). It’s more than a book! It’s a personal retreat of transformative hope and active acceptance for brave people, especially teachers. She would enjoy connecting with you through the website [www.BraveTeachers.com](http://www.BraveTeachers.com) (where you can find the whole ebook) or by email: [BraveTeacherMim@gmail.com](mailto:BraveTeacherMim@gmail.com)