

Lessons from My Own Animal Legend

Name: _____ Date: _____

Was this story difficult for you to write, or was it easy? Why?

Let's look at your story again. If you didn't complete it yet, go back and do so before continuing.

Now that you've finished your story, answer the questions below about it in the space provided.

The thing you were looking for in your story is a metaphor for the thing you most need in your life right now. Think about the qualities of the thing you were seeking. What does it symbolize? Why are you looking for it? What is your intention in finding it? Write your answers below:

The place in which the animals live represents the place where you are right now in your life. Describe your thoughts and feelings on where you live right now. For example, if you said that your animals live in a desert, think about the emotional qualities you associate with a desert, and not its physical qualities. Such answers might include: Lonely, barren, foreboding, etc. If you like deserts, your emotional qualities for this setting might include: Peaceful, quiet, and undisturbed. Write your answers in the space below:

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The place you are going on your journey represents where you would like to be in your life. Describe this place in the space below, again focusing on the emotional qualities you associate with this place:

Think about the animal(s) that tried to prevent you from reaching your goal. This animal represents the barriers to connecting with your True Self. What qualities does this animal possess? How are these qualities keeping you from connecting to who you really are?

Examine what happened to you in your story once you reached your destination. Did you achieve your goal? If you did, describe what happened to the animal representing you when you reached your goal. Use feeling words. If you reached your goal, then this attainment represents what you imagine you will achieve when you connect with your True Self:

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If you didn't achieve your goal in the story, what was the reason? Did the animal who was working against you prevent you from achieving it, or did something else happen? Whatever prevented you from achieving your goal represents your own fears of living in your True Self. Describe these fears below. Use feeling words like sad, empty, frustrated, etc.

Look at what happens in your story when you return home. This represents how you would see your life changing if you were living every day in your True Self. Is it a positive change, or a negative change? If bad things happen in the story when you return home, what would that tell you about your own fears of living in True Self? Describe your thoughts below, using feeling words.

Did any animals help you on your journey? If so, what are the characteristics of these animals? These helper animals represent the positive qualities you see in yourself. Write these characteristics below.

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Did any of the animals hinder you on your journey? These animals represent the barriers to connecting with your True Self. They represent the reasons you see within yourself for not living in True Self. How did these animals hinder you? What could you do to befriend these animals within you so that they no longer hinder you on your journey?

What was the moral of your story? This represents the lesson you most need to learn in your life right now in order to “get out of your own way” and live fully in your True Self. Describe your thoughts and feelings on this in the space below.

What did you learn about yourself from this journey? Write any reflections or observations in the space below.
