

Name _____ Date _____

Prior to partaking in your own Naming Ceremony, you may find it helpful to answer these questions. As you go on your naming quest, meditate on the answers you provided to these questions.

What is the nature of your own True Self? (Think about archetypes like “Warrior,” or “Sage,” or “Teacher,” or “Hunter” or any other archetype that comes to mind)

What are some characteristics or personality traits that if enhanced would help you to live more fully according to your own true nature?

What are some animals or other things in nature that might possess these characteristics or personality traits?

How might the lists you created above help you to select your “nature name?”
