

THE TALE OF TWO WOLVES





There once was a young boy who struggling with the fact that part of him wanted to do what was right, but another part of him wanted to be rebellious. One day, he went to see his wise Leader. He described his dilemma this way: He said that it was like there were two wolves inside of him fighting all the time – one good and one bad. He felt the pull of these two forces all day. These "wolves" were constantly struggling to control him. Finally, his wise, old leader asked, "Which of the two wolves is stronger?".

Positive -Energetic – Kind

Mean Spirited - Angry Negative.

He thought for a moment and then the light bulb went on inside his head. He said, "I guess whichever dog I feed the most."

WE FUEL OUR HEARTS WITH 6 THINGS = WHAT YOU <u>WATCH</u>, WHAT YOU <u>READ</u>, WHAT YOU <u>LISTEN TO</u>, WHO YOU <u>SURROUND</u> YOURSELF WITH, HOW YOU <u>TALK</u> TO YOURSELF, AND WHAT YOU <u>VISUALIZE</u>.