

Our Mythology, TALC Session Sept.16th

i) A couple of statements, or phrases that might represent what you hold to be true for carrying out the living priorities in your life today, and into the foreseeable future.

ii) Are you able to identify the source(s) of your having come to live by each of these phrases, or ideas, and if so would you note these above ...

iii) If these statements and/or phrases were to be incorporated into a flag, or shield, or T-shirt logo that represented who you are (*your living mythology*), what would these look like? On the backside of this sheet of paper (words, shapes, colors, symbols, etc.)

iv) In reflection, are there aspects of this *personal mythology* that are healthy and supportive to your fully living your core values and needs, and/or other dimensions of this *personal mythology* that are weaker and need to be upgraded?