

Unfolding Your Myth

"Don't be satisfied with stories, how things have gone for others. Unfold your own myth." Rumi

1. What was your favorite story or fairy tale you remember as a child?
2. What was it about the story that you connected with?
3. How does the story relate to your life now?
4. If it had a happy ending, imagine the path you will take to unfold your own life story that way.
5. If the story did not have a happy ending, what can you do to re-write the story for yourself? (Keep in mind health and wholeness as the goal. Be sure to include self-love and compassion.)
6. What challenges do you need to face and overcome in order to develop your story of your True Self?

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