

## 2.6 Coyote Walk

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Complete the Coyote Walk exercise from Section 2.6 of the *Mindfulness-Based Ecotherapy Workbook* before answering the questions below:

When you took the coyote energy into yourself by getting in touch with your coyote archetype, what did you notice about yourself? Did you feel any differently? If so, how?

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During your walk, did coyote hold up a mirror to you? If so, what did you see in it?

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Did you like what you saw in the mirror? If so, describe it. If not, how might you change it?

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Did coyote show you any ways you might be tricking or fooling yourself? If so, what were they?

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## 2.6 Coyote Walk

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Did coyote show you any ways you might be tricking or fooling others? If so, what were they?

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Did coyote show you anything you might like to change about yourself? If so, what was it, and how might you change it?

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Did the Coyote Walk change your perception of time? If so, how?

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Would the Coyote Walk be a useful tool to help you live in the now? If so, how? If not, why not?

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