

9.4 My Spirit Animal as Teacher

Name: _____ Date: _____

To complete the *My Spirit Animal as Teacher* exercise, first find a quiet place, preferably outdoors, where you will be undisturbed for the duration of the activity. Now take a few deep centering breaths, ground yourself, and picture your spirit animal in your mind's eye. Think of a question or a situation in which you need help from your spirit animal. Given the nature of your animal, with its strengths, its weaknesses, its abilities, and its preferences, what advice do you think it might give you about your situation? Write the answer in the space provided below.

After completing the activity described above, how do you perceive your spirit animal? Write your answer below.

How do you see yourself in relation to your spirit animal? What is your relationship with each other, and how do you feel about it? Write your answer below.

How do you think your spirit animal feels about you? Write your answer below. Use more paper if necessary.
