

Dragons represent our deep inner selves that are a source of power & vitality, but we need to be in harmony with. Sometimes they are parts within us that need healing. What loving words to remind yourself of your "inner song" do you need to say to your dragon in order to shed the hard scales that keep you from accessing the dragon's power?

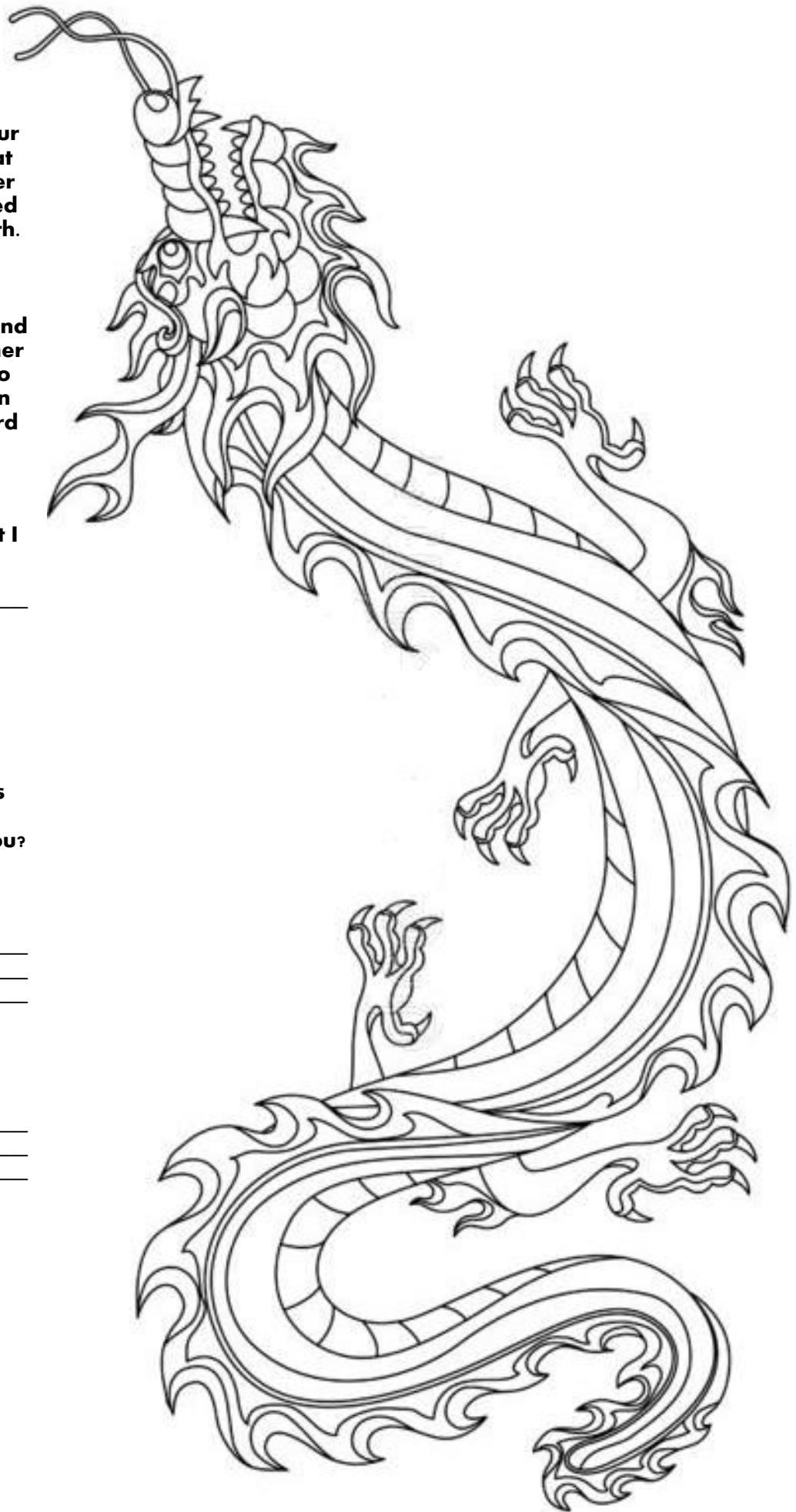
My "inner song" that I need to reclaim is:

TAMING THE DRAGON

What wisdom & tools do you need to tame the dragon within you?

WISDOM I NEED:

TOOLS I NEED:



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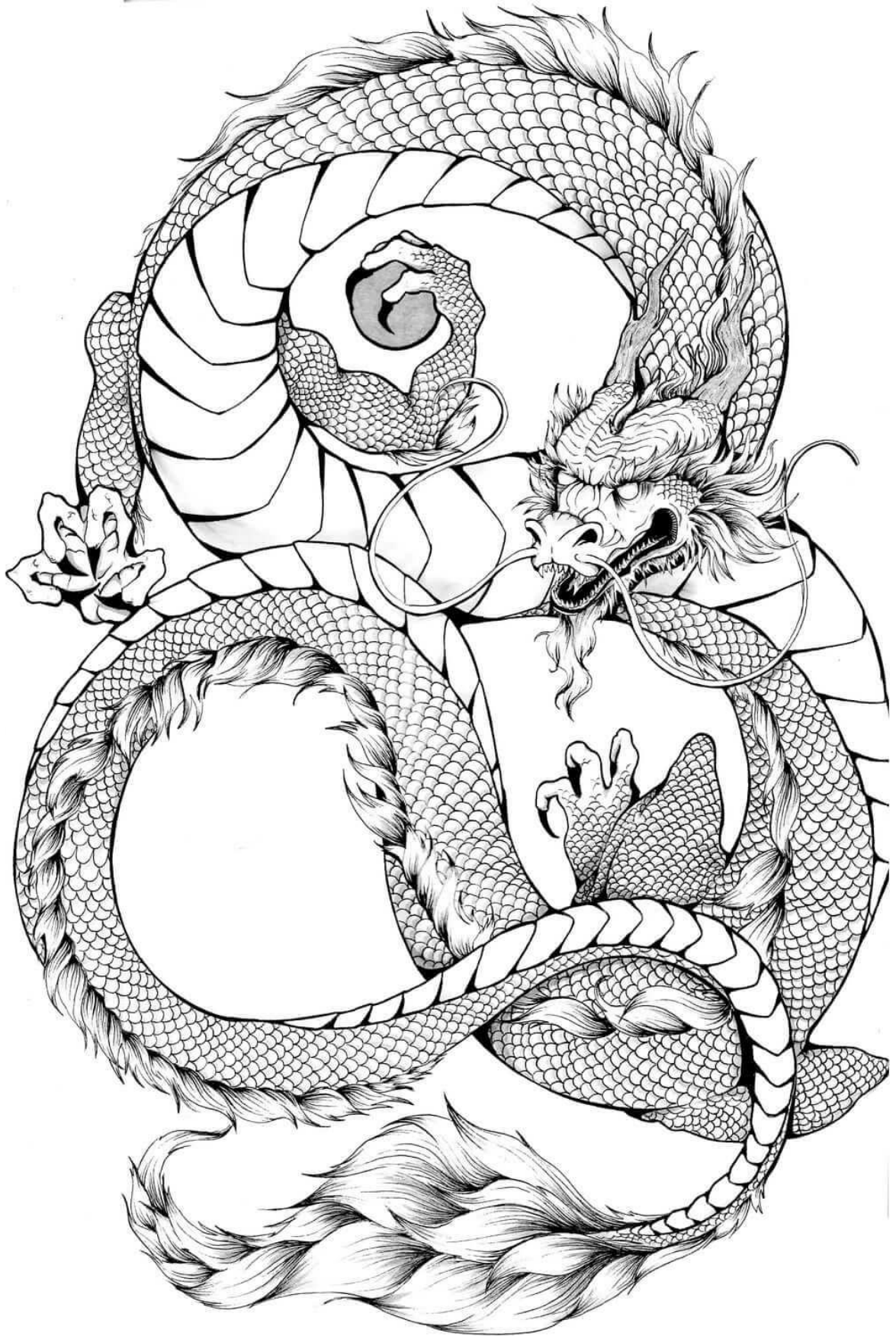
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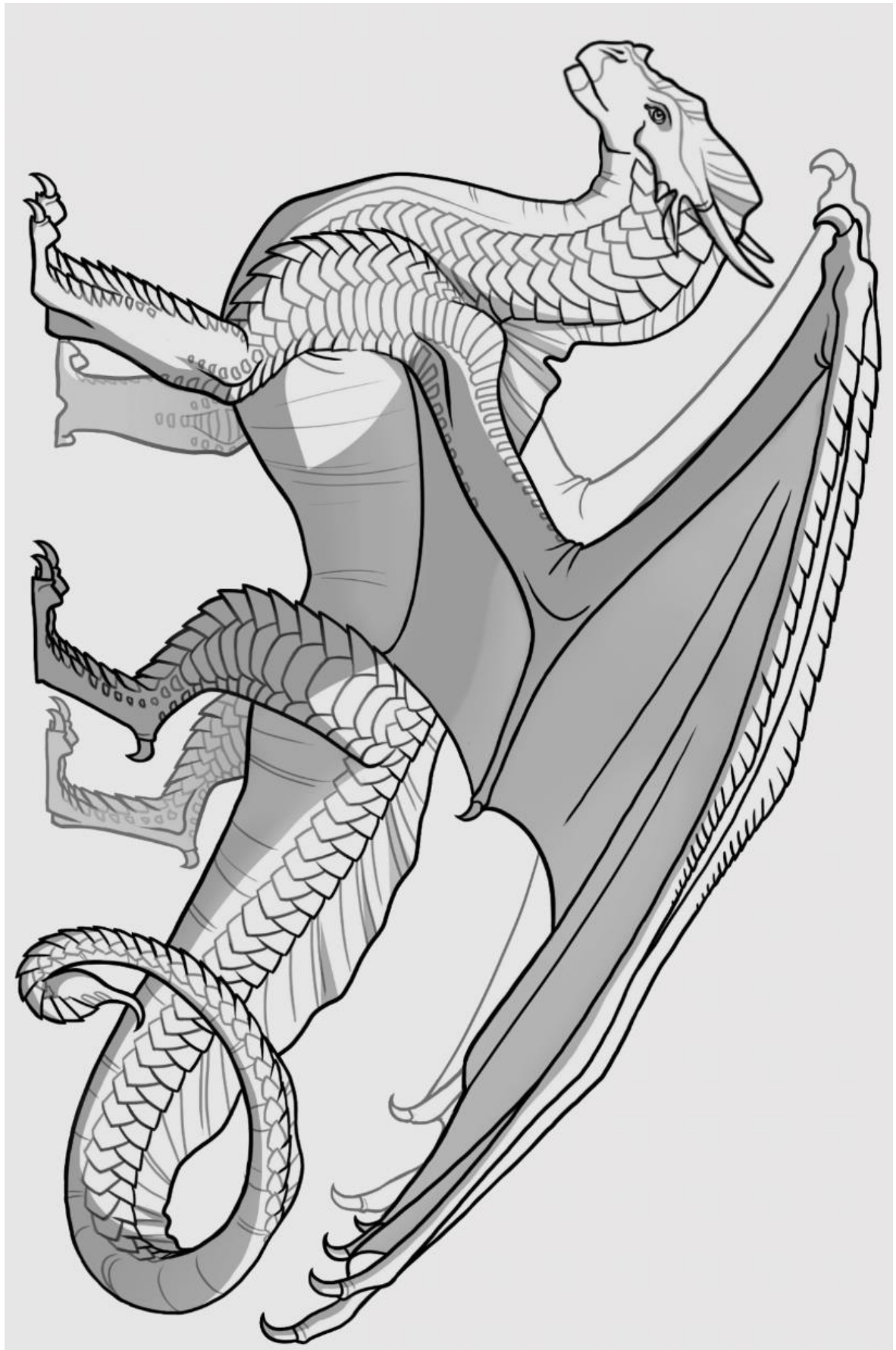
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INNER SONG, WISDOM & TOOLS

WISDOM I MIGHT NEED that will lead me out of the darkness towards the light.

Purpose / Goal / Direction
 Vision
 Mentor / Community Support / Guidance
 Friendship / Companionship
 Patience
 Gratitude / Grace / Thankfulness
 Hope
 Recognition
 Good communication
 Cooperation
 Kindness
 Belonging
 Appreciation
 Acceptance
 Connection
 Respect
 Nurture
 Authenticity
 Honesty
 Creativity
 Transparency
 Commitment
 Rest and Sleep
 Solitude
 Peace
 Resilience / Perseverance
 Mutuality
 Laughter / Joy / Fun
 Play
 Presence
 Freedom
 Inspiration
 Choice / Autonomy
 Space
 Meaning
 Awareness
 Tenderness
 Inclusion
 Learning & Growth
 Self-Respect
 Healing
 Vision / Dreams
 To Grieve
 Love
 Consideration
 Empathy
 Community
 Understanding
 Trust
 Support
 Stability
 Safety
 Exercise
 Financial Security: Shelter, Food, Etcetera

INNER SONG

Your "inner song" is your sacred vocation connected with your true, authentic self that is connected with Life. Here are possibilities:

THE PROTECTOR, THE TEACHER/GUIDE, THE NOURISHER/NURTURER, THE GIVER-OF-JOY, THE PEACEMAKER, THE-ONE-WHO-GIVES-HOPE, THE MUSIC-MAKER, THE DANCER, SEARCHER/ADVENTURER, THE HEALER, THE FIXER/BUILDER, THE ARTIST, (etcetera)



THE TOOLBOX PROJECT

The 12 Tools

Tools for Learning • Tools for Life



Breathing Tool

I calm myself and check-in.

Quiet/Safe Place Tool

I remember my quiet/safe place.



Listening Tool

I listen with my ears, eyes, and heart.

Empathy Tool

I care for others. I care for myself.



Personal Space Tool

I have a right to my space and so do you.

Using Our Words Tool

I ask for what I want and need.



Garbage Can Tool

I let the little things go.

Taking Time Tool

I use time wisely.



Please & Thank You Tool

I treat others with kindness and appreciation.

Apology & Forgiveness Tool

I admit my mistakes and work to forgive yours.



Patience Tool

I am strong enough to wait.

Courage Tool

I have the courage to do the "right" thing.



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