

**INTRO:** Warriors-monks are universal archetypes (metaphors/symbols) in mythology, which is contrasted with the peaceful-spiritual self hidden within the warrior. But this image could also go the other way: sometimes the archetype could be a the peaceful-spiritual self who has a hidden resilient warrior within.

**INSTRUCTION:** Print out various options of Warrior-Monk images on one side of the page, and then print out page 13 on the other side, which has a list of “Needs” and “Tools” to choose from.

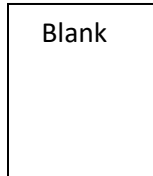
Page 1

Page 2

OR

Page 1

Page 2



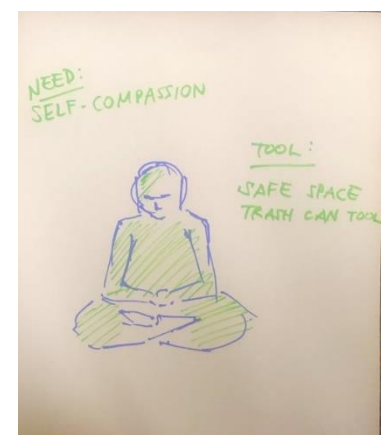
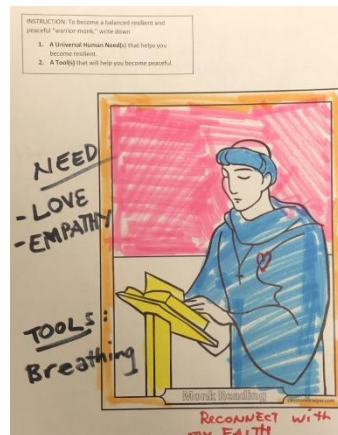
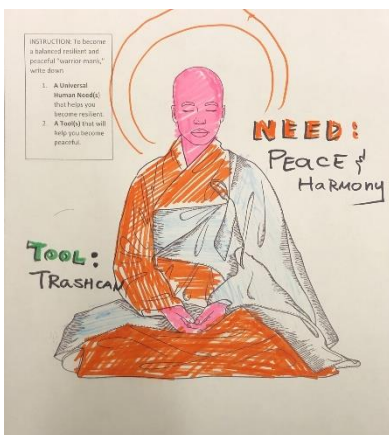
On the blank page & using coloring markers, invite participants to draw their “Inner Warrior-Monk” – an image that inspire them to be strong & resilient. This image can vary from person to person, for some it could be an image or symbol of their higher power (Jesus, God, a saint, a wisdom teacher, or an inspiring person in their lives, either alive or someone from the past who is no longer alive).

After they have completed their drawing, they will write two things next to their image: (1) is a universal human need that will help them become strong or resilient, or help them thrive/flourish, (2) a tool (an emotional skill) they need to embody that will help them grow and thrive. Tell your participants that the list are suggestions – they may choose their own words that best describes their “need” and “tools”.

If participants prefer not to draw, they can just choose one of the warrior-monk images you have selected, and then color (or enhance) the image using coloring markers (Note: Feel free to add images beyond the ones I’ve created that you feel is relevant to the group of participants you are facilitating). After they have enhanced the image, they can continue to write the two things they need to write: (1) one need, (2) one tool.

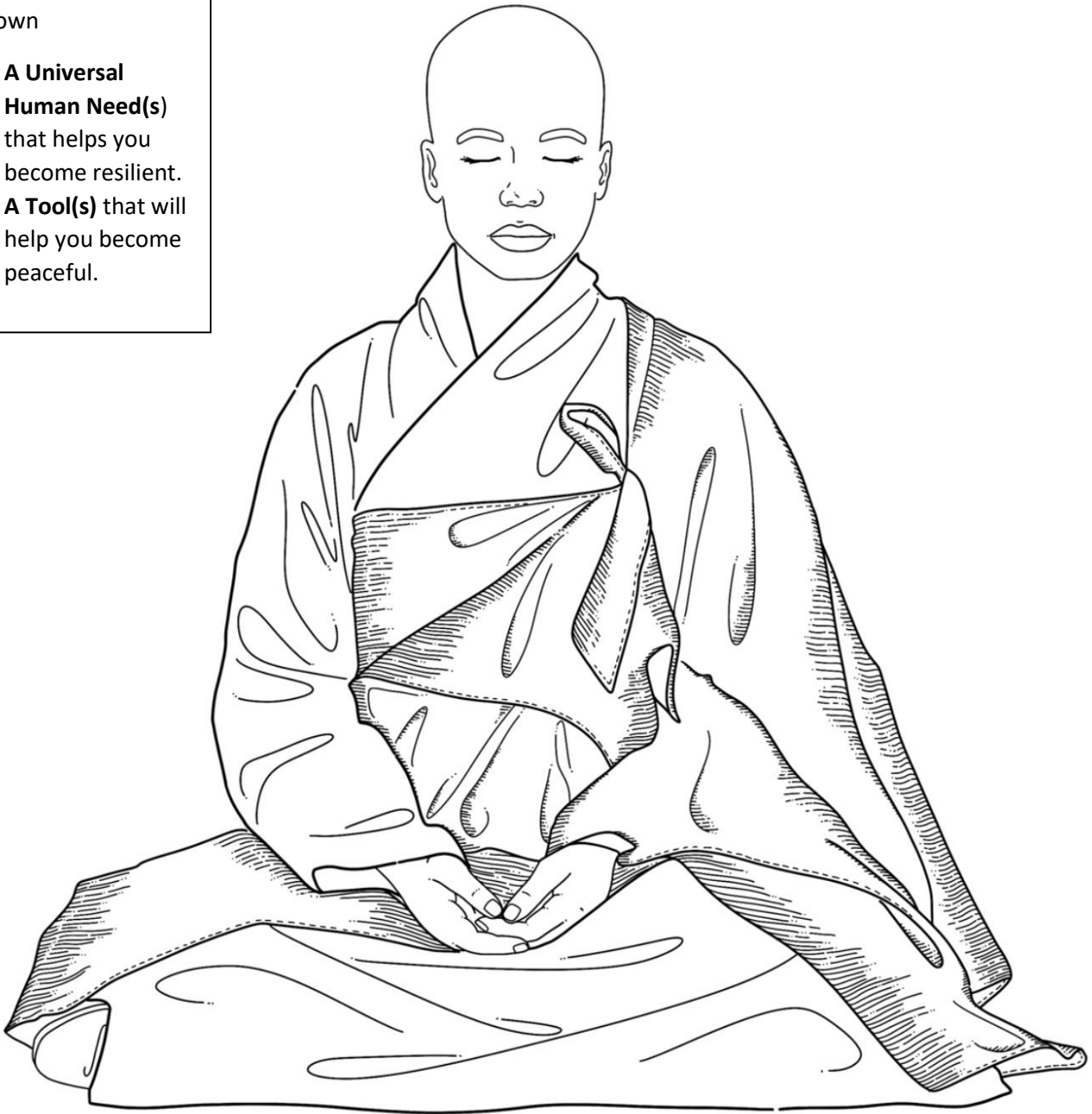
When participants are finished with their work, the facilitator can invite each person to share their work with the group.

## EXAMPLES OF COMPLETED REFLECTION SHEET:



INSTRUCTION: To become a balanced resilient and peaceful “warrior-monk,” write down

1. **A Universal Human Need(s)** that helps you become resilient.
2. **A Tool(s)** that will help you become peaceful.



# WHICH PART(S) OF THE STORY IS ABOUT YOU?

## The WORN OUT WARRIOR

What battles have you been through in your life?



## The SOJOURNER

What terrains and obstacles did you have to cross in your journey?



## The SEEKER OF KNOWLEDGE

What sacred wisdom are you seeking in your life?



## The MONASTERY

What is your monastery in your life, that is, spaces, actions, relationships that provide ease, comfort, rest, growth & renewal?



## The GUIDE

Who or what is your source of wisdom that leads you towards inner peace & joy? What question would you bring up with your wisdom teacher or guide?



# UNIVERSAL HUMAN NEEDS

### physical

clean air & water  
nutritious food  
movement  
sleep  
shelter  
touch

### safety

boundaries  
privacy  
security

### predictability

consistency  
dependability  
structure  
stability  
reliability  
trust

### autonomy

choice  
freedom  
independence  
power within one's world

### fairness

equality  
justice  
mutuality

### rest

relaxation  
leisure  
comfort  
grounding  
ease

### belonging

acceptance  
participation  
inclusion

### connection

community  
friendship  
companionship  
interdependence

### consideration

acknowledgement  
honoring  
respect  
dignity  
validation  
for one's needs to matter

### to be oneself

authenticity  
integrity  
honesty  
self-expression  
creativity  
individuality  
differentiation  
to decide one's own meaning

### contribution

to serve others  
to enrich life  
purpose

### grief

honoring what was  
time to process  
letting go

### clarity

information  
communication  
shared reality  
for things to make sense

### compassion

empathy  
kindness  
grace  
forgiveness

### harmony

order  
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affection  
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### self-love

self-connection  
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heroes  
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## 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.*

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#### Patience Tool

*I am strong enough to wait.*

#### Courage Tool

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



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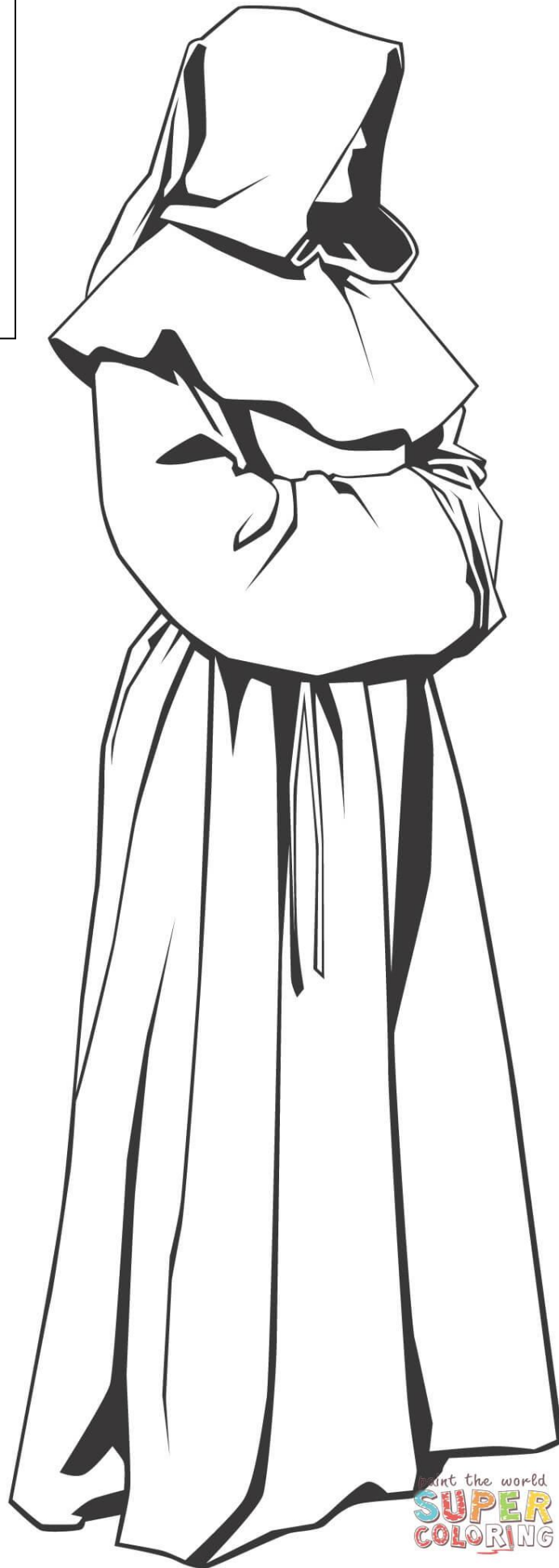
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rev. 3-6-13

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equality  
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relaxation  
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comfort  
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acceptance  
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honoring what was  
time to process  
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information  
communication  
shared reality  
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## 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.*

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*I admit my mistakes and work to forgive yours.*



#### Patience Tool

*I am strong enough to wait.*

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





INSTRUCTION: To become a balanced resilient and peaceful “warrior-monk,” write down

1. **A Universal Human Need(s)** that helps you become resilient.
2. **A Tool(s)** that will help you become peaceful.





# WHICH PART(S) OF THE STORY IS ABOUT YOU?

## The WORN OUT WARRIOR

What battles have you been through in your life?



## The SOJOURNER

What terrains and obstacles did you have to cross in your journey?



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What sacred wisdom are you seeking in your life?



## The MONASTERY

What is your monastery in your life, that is, spaces, actions, relationships that provide ease, comfort, rest, growth & renewal?



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Who or what is your source of wisdom that leads you towards inner peace & joy? What question would you bring up with your wisdom teacher or guide?



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### physical

clean air & water  
nutritious food  
movement  
sleep  
shelter  
touch

### safety

boundaries  
privacy  
security

### predictability

consistency  
dependability  
structure  
stability  
reliability  
trust

### autonomy

choice  
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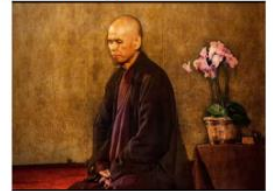
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