

## **My favorite children's story**

Storytelling is probably one of the most powerful tools to show us some blind spots. Or to remind us of things long forgotten. So much of who we are is buried in metaphor or in the depths of a good story. We just need to look close enough and dig a little for the gold.

Think of your favorite children's story and recall as much of it as you can. Relax and let it float into your memory. Write down the key aspects and basic storyline as you remember it. Identify the significant moments. Now look for the deeper meaning and symbolism that are hidden in that story as interpreted by you.

What parallels are there between the story and your life?

How is your life different than what is in the story?

What does this say of you and your life?

If this story could hold a message for you, what would that be?

