

## **Wolf Legend Reflection Choices Assignment**

**Instructions:** Please read the following story, “*Which wolf are you feeding?*”, adapted from a Cherokee legend and write a reflection on how the story applies to the incident you were involved in, your goals/plans for your life ahead, and how the story gives insight into making better choices.

**Format:** Please ensure the reflection you submit is:

- typed, double-spaced
- in essay format
- approximately 500 words in length
- respectful and reflective in tone

**Due Date:** Your paper must be emailed to the Community Standards Assistant, at [rezrules@uoguelph.ca](mailto:rezrules@uoguelph.ca) by 11:59pm on the stated deadline.

### **Legend: *Which wolf are you feeding?***

*An elderly Cherokee man is teaching his grandson about life. 'A fight is going on inside me,' he said to the boy.*

*'It is a terrible fight and it is between two wolves. One is evil -- he is anger, envy, selfishness, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.'* He continued: *'The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, faith and compassion'.*

*'The same fight is going on inside you -- and inside every other person, too.'*

*The grandson thought about it for a minute and then asked his grandfather: 'Which wolf will win the fight? Which wolf is the strongest?'*

*The old Cherokee man simply replied, 'The one who is strongest is the one you feed.'*

**Source:** *First People – The Legends.* First People of America and First People of Canada, Paul Burke. Website: <http://www.firstpeople.us/FP-HTML-Legends/TwoWolves-Cherokee.html>. 5 May 2010.

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