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 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.'


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