

# Which Wolf Will You Choose



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An elderly Cherokee Native American was teaching his grandchildren about life...

He said to them, "A fight is going on inside me, it is a terrible fight and it is between two wolves.

One wolf is evil—he is fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, jealousy, resentment, inferiority, lies, false pride, competition, superiority, and ego.

The other is good—he is joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith.

This same fight is going on inside you, and inside every other person, too."

They thought about it for a minute and then one child asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

*Lesson: Choose to feed the right wolf*