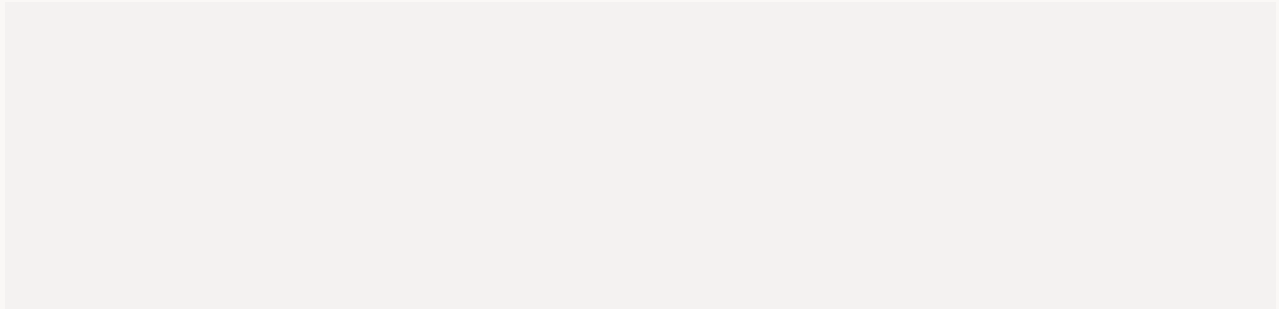


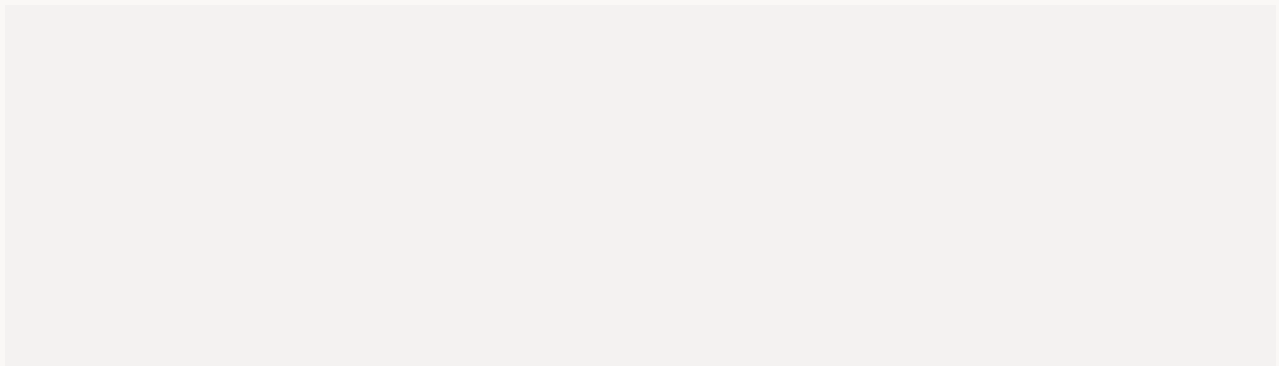
JOURNAL PROMPTS

These journal prompts are meant to help you dive a little deeper into myth work.

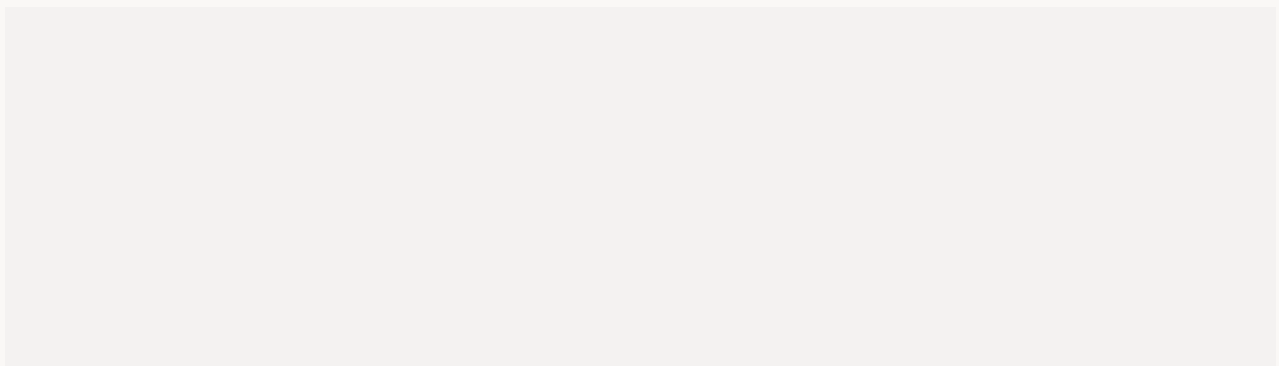
1. Myth Resonance: Which myth, from any tradition, resonates most deeply with you at this moment in your life? What about its themes or characters feels relevant?



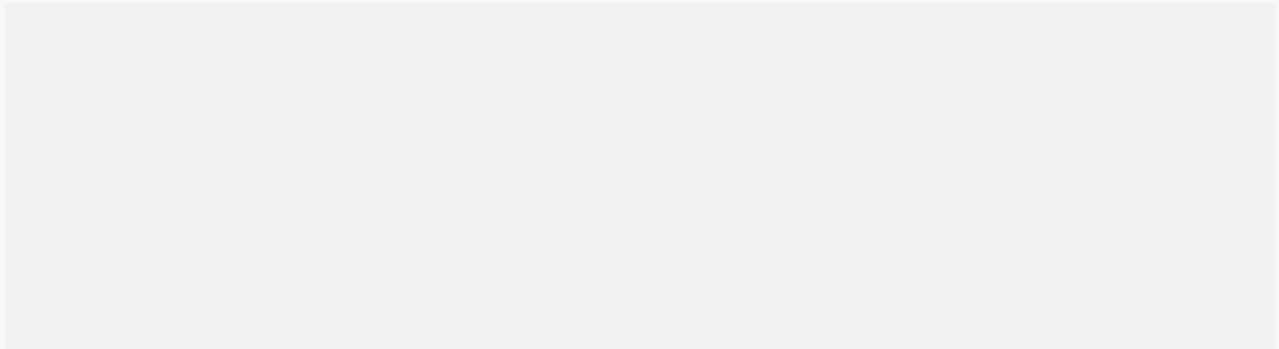
2. Symbolic Reflection: Choose one symbol from a myth you've encountered. What personal meaning does this symbol hold for you right now? How does it reflect your current experiences or emotions?



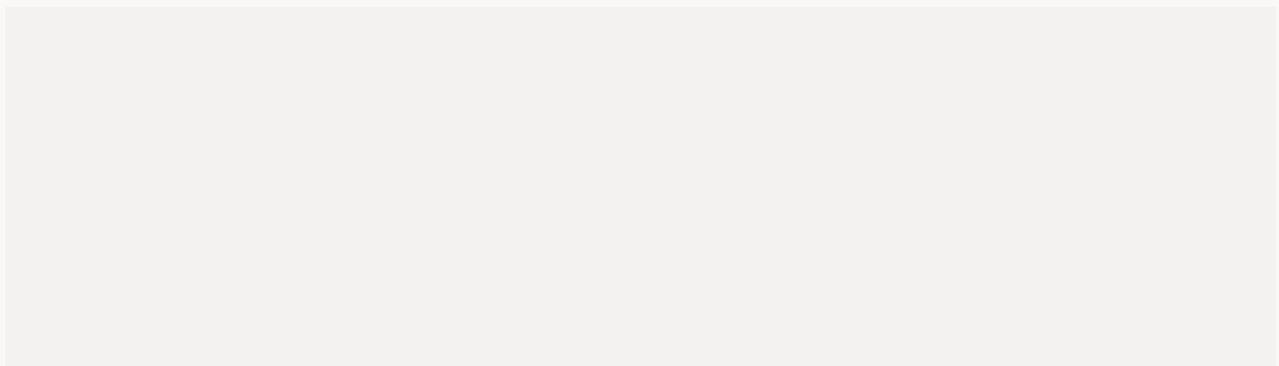
3. Archetypes in Your Life: Identify an archetype from a myth (e.g., hero, trickster, wise elder). How does this archetype show up in your life? Do you feel connected to it in any particular way?



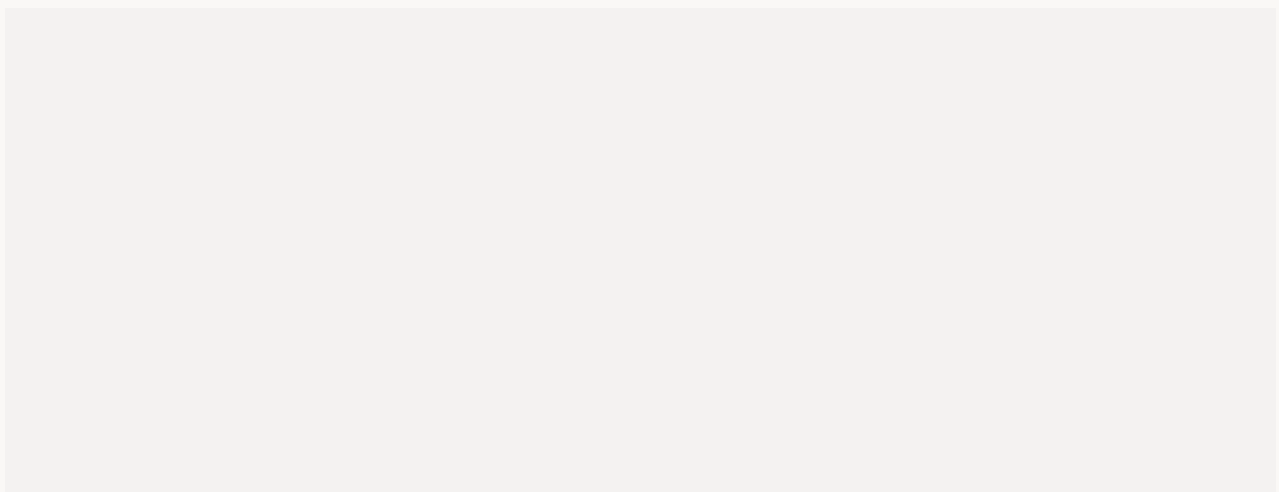
4. Self-Reflection through Myth: After reading a myth, journal about how the story mirrors aspects of your own life. What lessons or insights do you gain from reflecting on this myth?



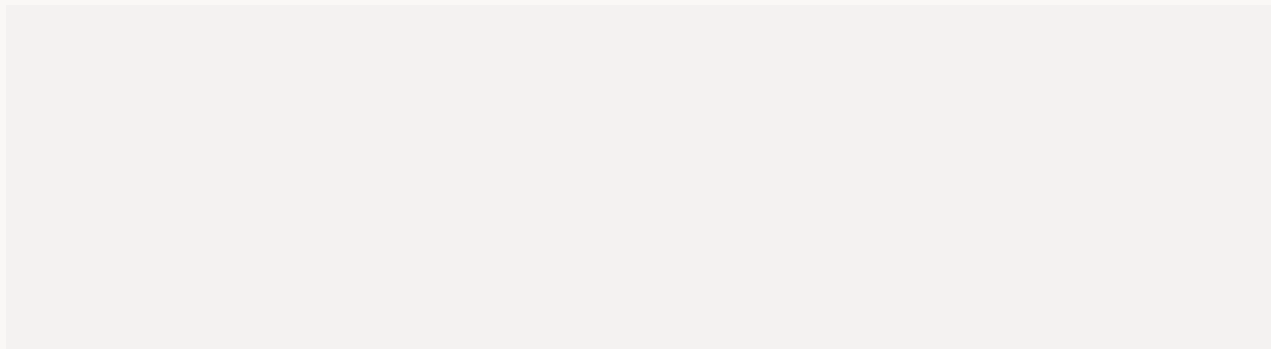
5. Myth as Mirror: Consider a myth where the main character faces a challenge or transformation. How does this story mirror any current challenges or transitions in your own life?



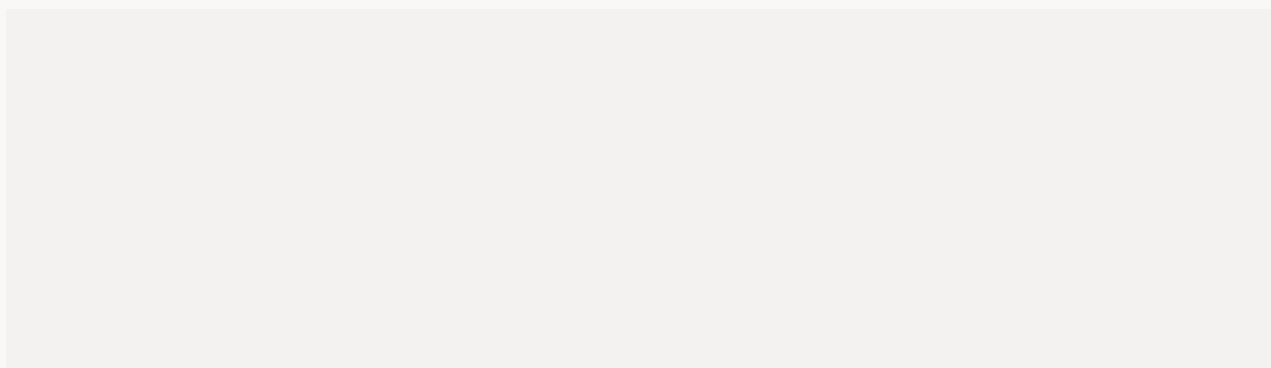
6. Exploring Emotions: What emotions arise within you as you read a particular myth? Do they connect to past experiences or present feelings? Reflect on why these emotions are surfacing.



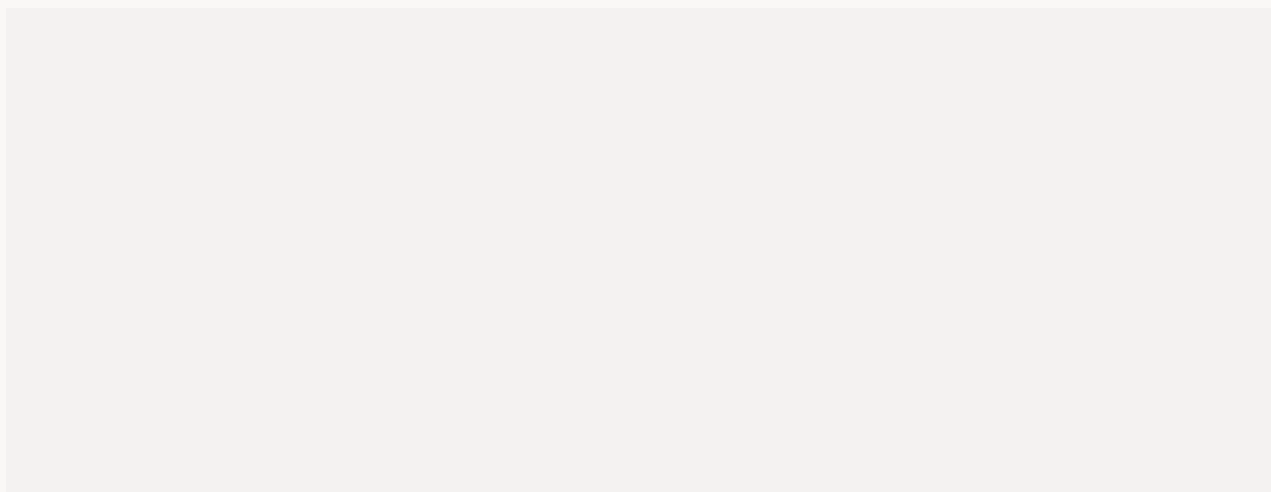
7. Myth and Shadow: Myths often bring out both light and shadow aspects. How do the darker or more challenging elements of a myth relate to your own shadow work or inner struggles?



8. Personal Ritual Creation: How might you create a simple ritual to connect with a myth or archetype that is calling to you? What form would this ritual take (e.g., meditation, art, offering, movement)?



9. Transformation through Myth: Choose a myth that involves transformation or renewal. How can you use the themes of this myth to inspire your own personal growth or healing journey?



10. Questioning Myths: What questions arise when you engage with a particular myth? How might these questions guide your self-exploration and spiritual practice?

