

Coyote Walk

Name: _____ Date: _____

Complete the Coyote Walk exercise from Section 5.6 of the Mindfulness-Based Ecotherapy Workbook before answering the questions below:

When you took the coyote energy into yourself by getting in touch with your coyote archetype, what did you notice about yourself? Did you feel any differently? If so, how?

During your walk, did coyote hold up a mirror to you? If so, what did you see in it?

Did you like what you saw in the mirror? If so, describe it. If not, how might you change it?

Did coyote show you any ways you might be tricking or fooling yourself? If so, what were they?

Coyote Walk

Name: _____ Date: _____

Did coyote show you any ways you might be tricking or fooling others? If so, what were they?

Did coyote show you anything you might like to change about yourself? If so, what was it, and how might you change it?

Did the Coyote Walk change your perception of time? If so, how?

Would the Coyote Walk be a useful tool to help you live in the now? If so, how? If not, why not?
