

WE  
FIGHT  
A LION  
EACH DAY



The lion stands for the frightening things that we face—problems at work or school, our own fears of change or of the unknown, issues of health. **If you insist on being brave, then you will be.** You just need to call up all the good, strong qualities within you. They are there even if they seem to be hidden by your fears. Just start reaching inside yourself to uncover these strengths.

**CONSIDER:**  
**Which lion are you fighting today? Which frightening lion have you defeated?**

(TYPE HERE)

Handwriting practice lines (blue lines) for writing a response.

