



In the fables of the North American indigenous peoples, the story is told of an old Cherokee Indian who one evening told his grandson about a battle that was going on inside himself. He said, "My son, it is between two wolves. One is evil: anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is good: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee simply replied, "The one I feed."

SOURCE: *Record*
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Quotation

**"Watch your thoughts;
they become your words.
Watch your words;
they become your actions.
Watch your actions;
they become your habits.
Watch your habits;
they become your character.
Watch your character;
it becomes your destiny."**

—Frank Outlaw
(20th-century American writer)