
Name

Charting My Course



The Legend Of The Dream Catcher

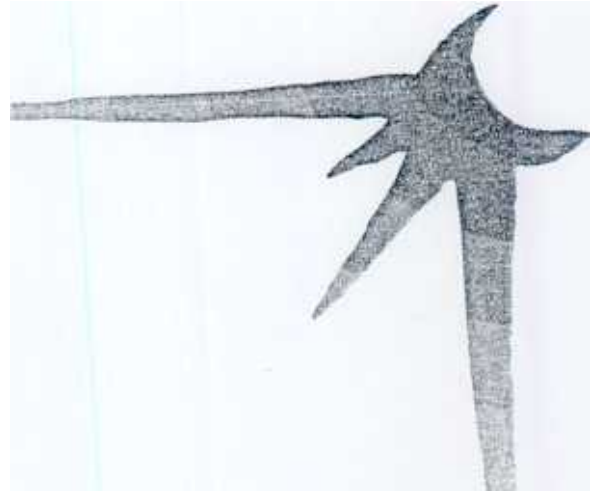
An old Lakota spiritual leader was on a high mountain and had a vision. In his vision, Iktomi, the great trickster and teacher of wisdom, appeared in the form of a spider. Iktomi spoke to him in a sacred language. As he spoke, Iktomi the spider picked up the elder's willow hoop which had feathers, horsehair, beads and offerings on it, and began to spin a web. He spoke to the elder about the cycles of life; how we begin our lives as infants, move on through childhood and on to adulthood. Finally we go to old age where we must be taken care of as infants, completing the cycle. "But", Iktomi said as he continued to spin his web, "in each time of life there are many forces; some good and some bad. If you listen to the good forces, they will steer you in the right direction. But if you listen to the bad forces, they will steer you in the wrong direction and may hurt you. So these forces can help, or they can interfere with the harmony of Nature, and with the Great Spirit."

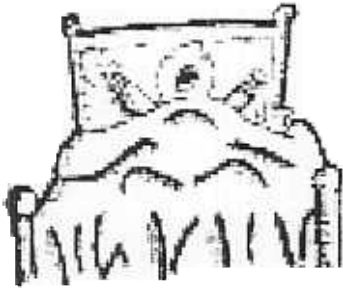
While the spider spoke, he continued to weave his web. When Iktomi finished speaking, he gave the elder the web and said, "The web is a perfect circle, but there is a hole in the center. Use the web to help your people reach their goals, making good use of your people's ideas, dreams and visions. If you believe in the great spirit, the web will catch your good ideas and the bad one will go through the hole.

The elder passed on his vision to the people and now many Native Americans hang a dream catcher above their bed to sift their dreams and visions. The good is captured in the web of life and carried with the people, but the evil in their dreams drops through the hole in the center of the web and are no longer a part of their lives.

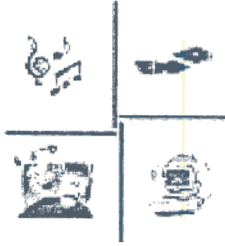
said that the dream catcher holds the destiny of the future

My Dreams

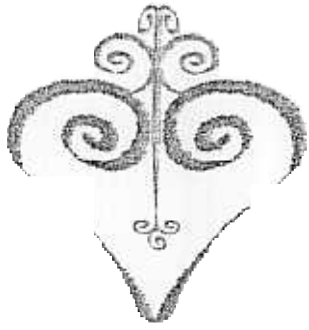




My Nightmare



My Strengths and Talents



My Likes



My Dislikes



My Support Network

Who can you share this experience with:

1 Laugh really hard with

2. Tell a big secret to

3. Get angry with

4. Cry in front of

5. Ask for help from

6. Ask directions from

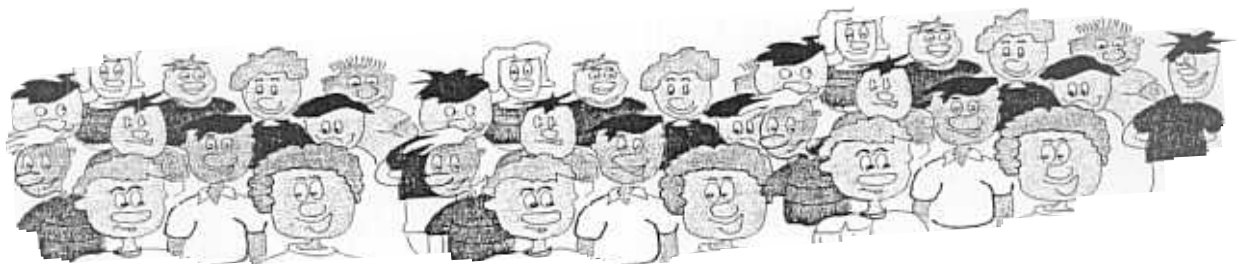
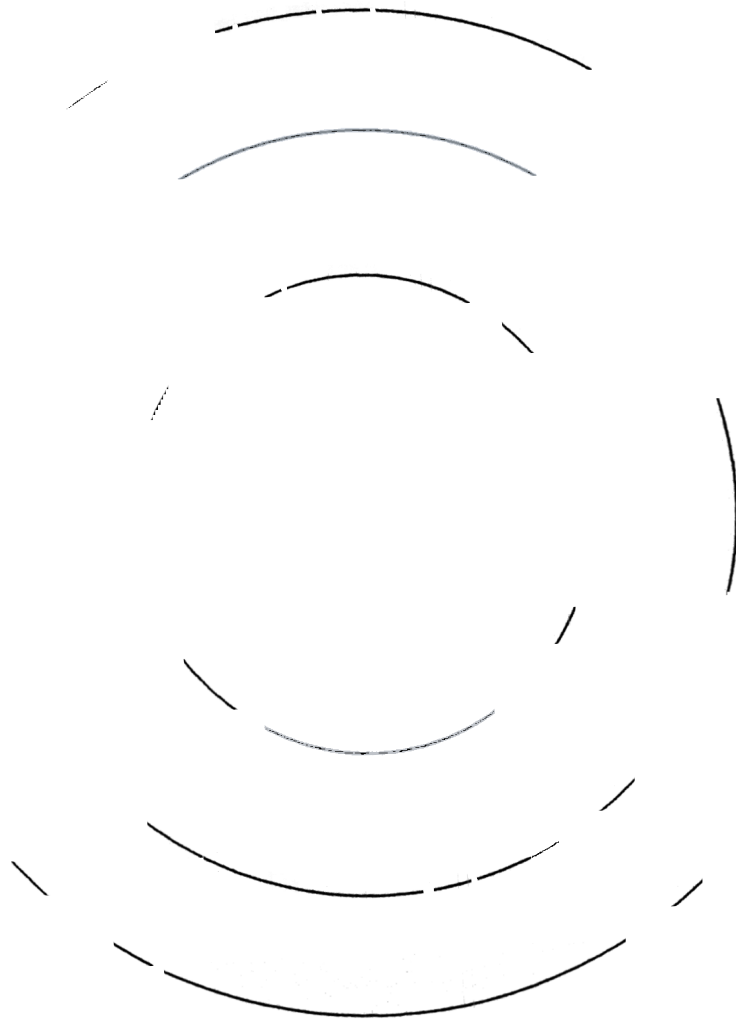
7 Ask for money from

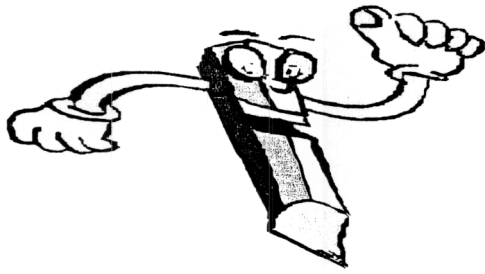
8 Ask for help with solving a problem

9. Invite home

10. Tell family problems to

My People





My Action Plan

Date _____

Goal- _____

What steps do I need to take?	Who will help me?	By When: