



# 1. Parental heritage

The brothers inherited their father's land and a small house however in order to make a living they had to contribute their share as well.

**1) What are those resources you inherited from your parents? Not only financially, but also in social capital, skillset, attitude?**

**2) What is that enough for? What else do you need to make your own way?**

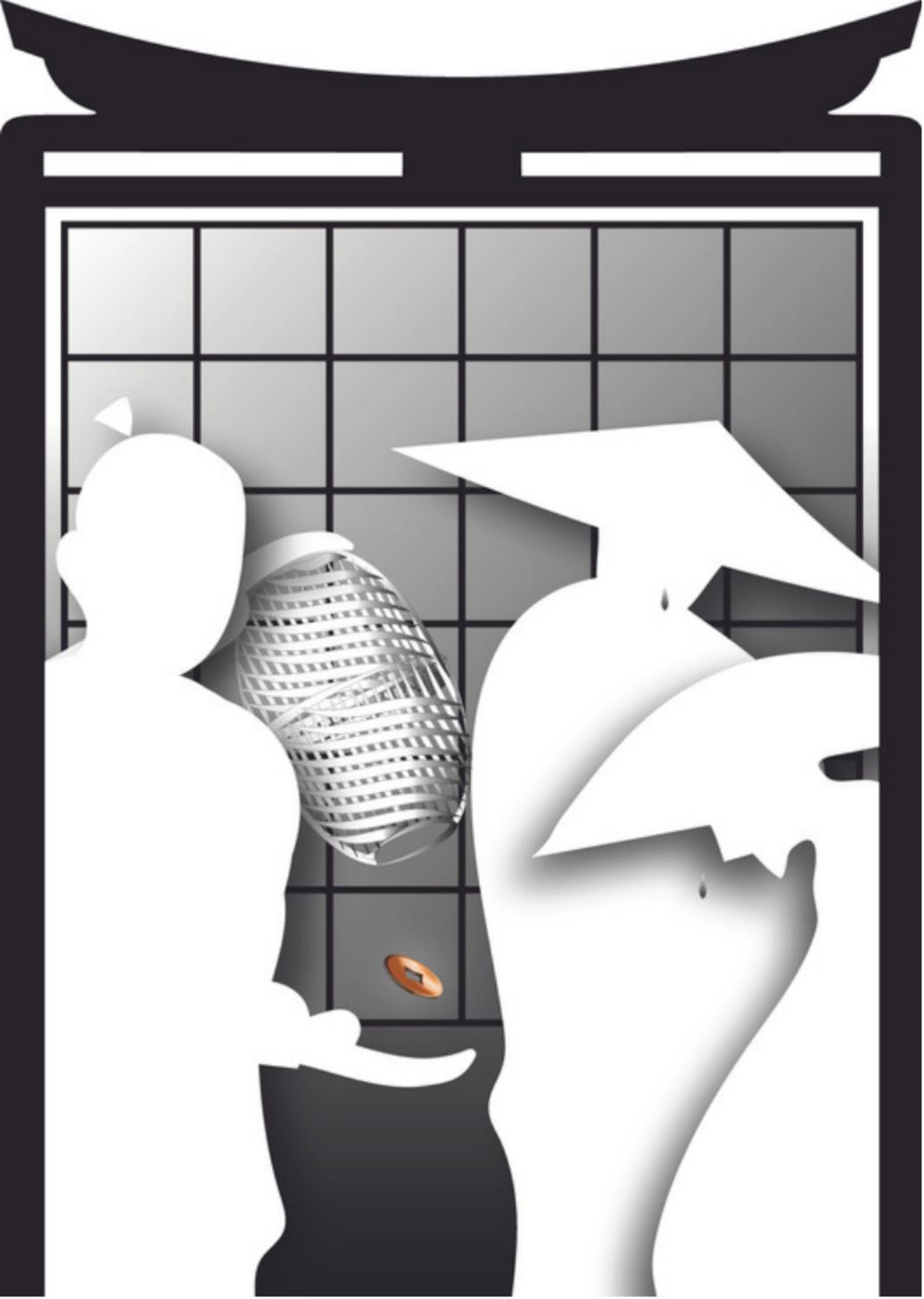


## 2. The need for extra work

The brothers looked for different ways to add more to their shared living.

**1) Have you ever worked part-time, or in a way other than as an employee? How did you feel about the job and about yourself?**

**2) What do you think, which of your skills can be used or sold for earning some extra money? What could you do? Make a list of all things you can do to earn extra money.**

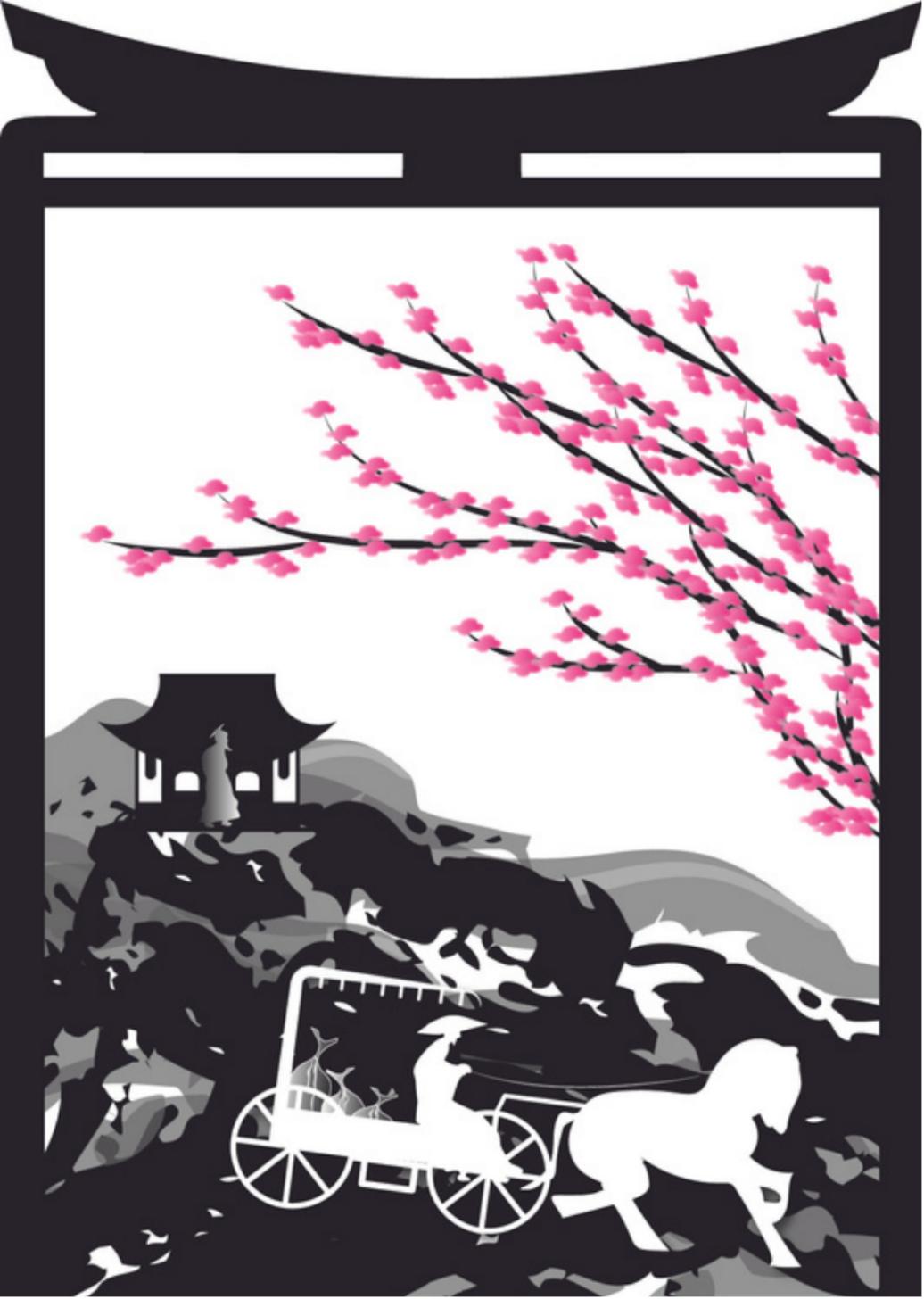


### 3. Just enough

Even with the extra income, their earnings were barely enough by the end of the year.

**1) Have you ever been in a situation, when your income barely covered your expenditure? How did you feel? What did you react?**

**2) Being in a financially unsafe situation has usually an impact on other areas of life. How has this affected /does it effect your relationships, your and your child's daily life, and your opportunities?**



## 4. Becoming and employee

Saburo decided to take a job at someone else to solve their financial problems.

**1) What are the differences between working as self-employed and working as employee? Collect the pros and contras for both!**

**2) Which way of working do you prefer? Why? What are your related experiences?**

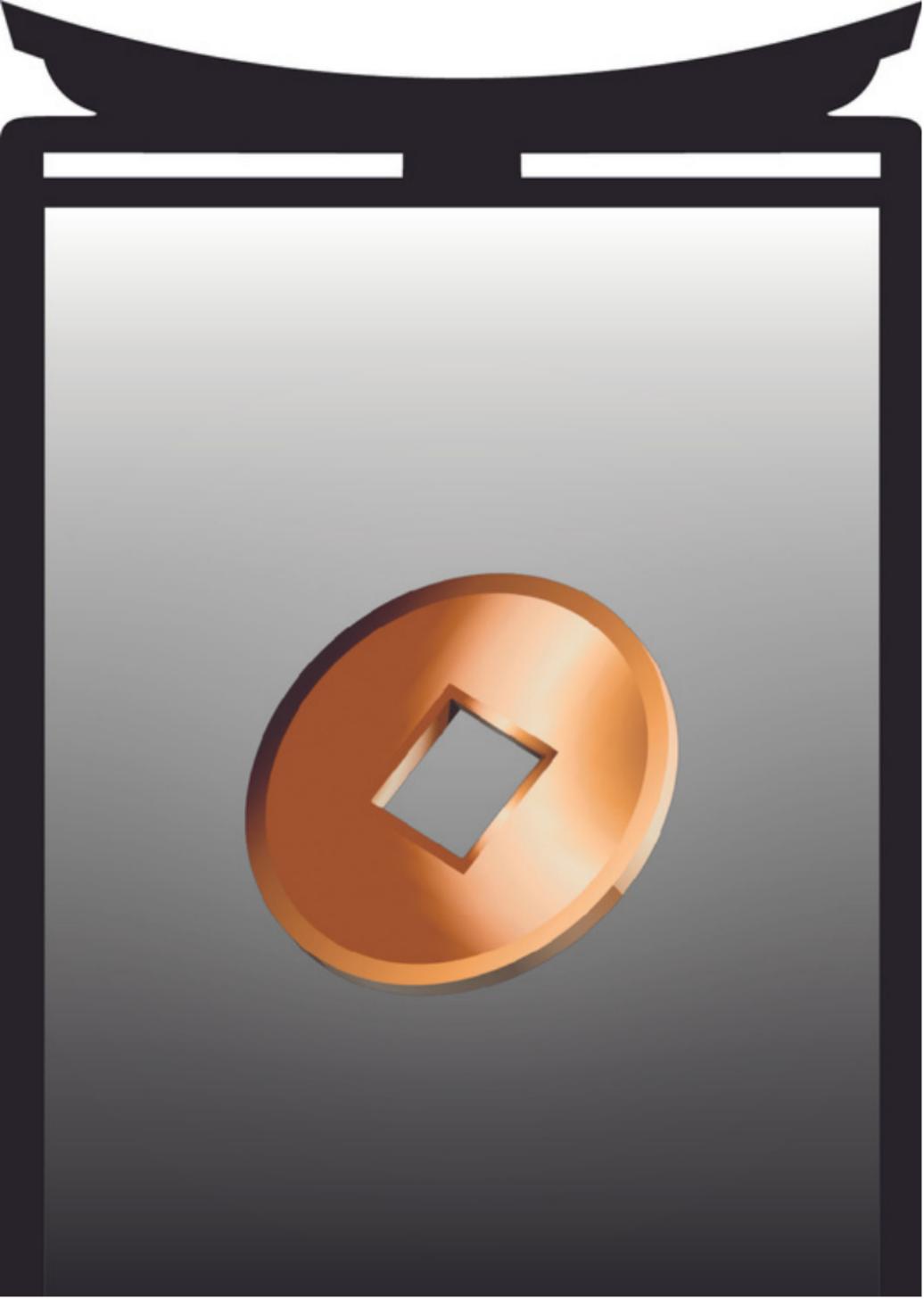


## 5. Leaving the workplace

After the year is over, Saburo decided to leave his job and go back home

**1) Why do you think Saburo made this decision? What would you have done in his place?**

**2) Have you ever left a workplace by your decision? What were the reasons? Make a list of what is important and avoidable for you in a workplace!**



## 6. The copper coin

The copper coin was Saburo's salary.

**1) How do you feel about the copper coin as a salary? Are you satisfied with your salary?**

**2) What level of salary would you be satisfied with? Make a calculation, what you would spend it on.**

**3) Have you ever asked a raise? If yes, how did it go? If no, what has stopped you from doing this?**



## 7. The dark forest

Saburo had to go through a dark forest to get home. The forest is usually a place to find ourselves

**1) What do you feel when you have to step into the unknown?**

**2) Are you planning everything in advance? If so, try out to go somewhere just without planning, to see what comes out of this. If the opposite, try to plan a journey to somewhere as much detail as possible, to see what it feels like.**



## 8. Stepping into the forest

Saburo has to talk to himself to convince himself that nothing wrong can happen in order to step into the forest.

- 1) How do you gather strength to make a decision when you feel uncertain or afraid?**
- 2) If you have to make a decision in your life (eg. returning back to work), think over how you feel about it. Are you afraid? What is the best, what is the worst that can happen?**



## 9. Scattered lights

The scattered lights are opportunities surrounding us - but it's never sure if they are good or bad ones.

**Make a list of all opportunities which are available for you now!**

**How do you feel about them?**

**Enthusiastic? Nervous? Refusal? Happy? Upset? What feelings do you have in your body? Where are these feelings in your body?**

**Try to find as many different feelings, as possible. At this moment don't analyse them, just reflect on them. Our body usually sends clear messages how we feel.**



## 10. Freezing of fear

Saburo got panicked when the lights talked to him.

**1) In what situation are you afraid? How do you react? Are you running away, fight or are you freezing? Have you ever frozen with fear / been petrified by fear? What happened?**

**2) When we are so scared, we loose our rationality. Therefore we suggest you to make a list of actions that you can do, whom you can turn to, when you get panicked or scared, in order to overcome your fear and not stay frozen. Take this list with you in your purse, as an emergency.**



## ii. The home-running

Saburo decided to run away from the unknown situation.

**1) Fear is a natural reaction in order to avoid being hurt. However too much fear can make us also avoid good opportunities. Sometimes we avoid situations that we shouldn't, sometimes we don't avoid situations that we should. Have you found yourself in either position before? What happened? What did you learn from the situation?**

**2) In the next weeks try something that you find risky or are afraid of! It can be only a small thing, to experience, what can happen.**



## 12. Dinner discussion

During dinner the brothers shared their ideas, fears and supported each other.

**1) With whom are you sharing and discussing your ideas? Are they supporting you or are they opponent? Whom can you turn for help and understanding?**

**2) What do you think, which of your skills can be used or sold for earning some extra money? What could you do? Make a list of everything which would be a possible way to earn extra.**



## 13. Analysing the situation

Sichiro, the second brother went into the forest to assess the situation.

**1. To make a decision, we have to collect enough information. Where do you turn for information? What information are you seeking? Think of a concrete step / decision you have to make.**

**2. After collecting the situation, assess it: what are your strenght and weaknesses in this situation? What opportunities do you have and what can go wrong? How will you act if something goes wrong?**



## 14. Surrounded by lights

Usually there are several opportunities around us to choose from

**1) Have you ever been in a situation when there were two or more equally attractive opportunities and you had to choose? What did you choose? Why? How do you feel now regarding your decision then?**

**2) Sometimes we pursue many opportunities, do several different things and sometimes we engage and commit to one. What are the pros and cons of these strategies? Which one you prefer and why?**



## 15. The rope

Hachiro, the youngest brother took a rope to the forest, which came handy as equipment for carrying loads.

**1) Whatever we choose to do, it usually requires time and effort. What is your rope, those resources, which can help you in pursuing your goals?**

**2) If you think about your goals, how do you use a rope for it? How do you prepare a supporting environment, personal skills and back-up plans?**



## 16. Regaining balance

When the lights were on Hachiro, they were heavy. He still fixed them, regained his balance and moved on.

**1) How do you regain your balance when you are faced with something difficult / conflict / too challenging situation? List actions and do at least one of them every week to maintain your mental balance!**

**2) We need physical fitness to be able to carry our burdens. How do you take care of yourself?**



## 17. The burden

In different times of our lives we are carrying different kinds of burdens from the aspects of work, family and study. Sometimes they are sweet burdens, sometimes not.

**1) How do you feel how much weight you carry? Is it OK or is it too much?**

**2) Which things and tasks are the heaviest burden for you? How can you support yourself in these tasks? What support you can ask or mobilize? What can you learn and how can you lighten the burdens?**



## 18. Putting down the burden

While it was hard to carry, it was also hard to get rid of the burden

**1) Often we forget to put down the weights we are carrying. When did you give yourself time to rest? What is relaxing for you, active or passive leisure time?**

**2) Open your calendar and find and put their dates when you are going to put down your burdens and rest. Ask for help to be able to do it, if needed.**



## 19. Scattered golds

After putting down the weight, the golden coins were strewn all around.

**1) What was your last biggest challenge you have overcome (or have been close to it)? What did you learn from it? Make a list of all things you learned or gained, lessons, skills, people, papers...**

**2) Some coins take time to find. If you go back in time, were there was something you learned which later proved to be useful?**



## 20. The celebration

All coin that was going to come to them was celebrated and valued by the brothers.

**1) Do you celebrate when something is finished or completed? How do you do it?**

**Celebration and harvesting is an important step of finishing and learning.**

**2) Self-valuation: Take a look at everything you have done in your life.**

**Everything you have achieved or survived. You are here and now, so appreciate yourself for everything you have done.**



## 21. They lived happily everafter

With the coins found and with they work they could live happily everafter

**1) When would you feel that you have enough? What financial, learning, family situation do you think is enough for you? Draw a picture, or make a description for yourself about this situation.**

**2) Do you think you could stop and enjoy this perfect situation - or would you go back for new opportunities? Why?**