CHARACTERISTICS OF WARRIORS

BRAINSTORMING

Come up with a list of traits a successful warrior or "hero-figure" is expected to have. Classify these traits under the following headings.

PHYSICAL	MENTAL	SPIRITUAL	EMOTIONAL

DISCUSSION

Many things are worth fighting for. Being a "warrior" does not necessarily mean physical combat. It may also refer to a state of mind: fighting spirit. Think about something you might take for granted, but value. Brainstorm a list of these. Explain how you might non-violently "fight" for what you value, should it suddenly be taken away or threatened.