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**An old Cherokee Chief was teaching his grandson about life...
“A fight is going on inside me” he said to the boy.**

“A terrible fight and it is between two wolves.

**One is evil –he is anger, envy, greed, arrogance, self-pity, guilt, resentment,
lies, false pride, superiority, and self-doubt.**

**The other is good—he is joy, peace, love, hope, serenity, humility, kindness, empathy,
generosity, truth, compassion and faith.**

The same fight is going on inside you---and inside every other person, too.”

**The grandson thought about it for a minute and then asked his grandfather
“Which wolf will win?”**

The old chief simply replied “The one you feed.”