



# PUSS IN BOOTS

Working through a story is an exciting journey, though not always a straightforward one. In a fairy tale, balance is restored by the end, and the hero completes their journey by stepping into the next stage of self-development.

This is our task too: to interpret the twists and “codes” of the fairy tale in our own lives, and to discover the steps that will help us become better masters and mistresses of our own destiny.

This set of 21 illustrated cards is designed to guide you on your own self-discovery journey through the folk tale Puss in Boots.

# YOUTHFOLKTALE.EU



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# Parental Heritage

AT THE BEGINNING OF THE STORY, THE SONS RECEIVE THEIR INHERITANCE FROM THEIR PARENTS.

- WHAT KIND OF “HERITAGE” HAVE YOU RECEIVED FROM YOUR PARENTS (NOT NECESSARILY IN A MATERIAL SENSE)?
- IF YOU HAVE SIBLINGS, WHAT IS THEIR HERITAGE LIKE? HOW IS IT SIMILAR TO OR DIFFERENT FROM YOURS? HOW HAS THIS INFLUENCED YOUR RELATIONSHIP WITH THEM?



# The Brothers and Their Heritage

THE BROTHERS SHARE THE INHERITANCE, AND THE YOUNGEST SON IS LEFT WITH WHAT SEEMS LIKE A USELESS CAT.

- CAN YOU RELATE TO A TIME WHEN YOU WERE IN A DIFFICULT LIFE SITUATION?
- HAVE YOU EVER FELT SELF-PITY WHEN WHAT WAS REALLY NEEDED WAS ACTION?

THINK ABOUT THE STORY! HOW DID YOU OVERCOME THAT SITUATION?

WRITE YOURSELF A GUIDE FOR WHAT YOU SHOULD DO NEXT TIME YOU FACE SUCH A SITUATION.



# Cooperation with the Tomcat

THE YOUNGEST SON GIVES THE CAT A BAG AND BOOTS.

- HOW WILLING ARE YOU TO TAKE RISKS? HAVE YOU EVER TAKEN A RISK TO ACHIEVE A GOAL IN YOUR LIFE?
- WHAT DO YOU HAVE IN YOUR “BAG”? WHAT RESOURCES CAN YOU RELY ON TO REACH YOUR GOALS? WHAT IS THE GREATEST OUTCOME YOU CAN ACHIEVE WITH THESE RESOURCES? HOW CAN YOU USE THEM TO SHAPE YOUR FUTURE?



## Puss in Boots

PUSS IN BOOTS IS THE MAIN HELPER FOR THE YOUNGEST SON TO SUCCEED.

- IS THERE SOMEONE HELPING YOU TO ACHIEVE YOUR GOALS? WHO CAN YOU TURN TO FOR HELP TO BETTER MANAGE YOUR LIFE OR GO FURTHER?
- WHAT SKILLS DOES PUSS IN BOOTS HAVE THAT YOU COULD USE? HOW CAN YOU DEVELOP THOSE SKILLS?



# Hunting the Rabbit

THE FIRST THING PUSS IN BOOTS DOES IS CATCH AN EASY-TO-GET RABBIT AND TAKE IT TO THE KING.

- WHAT ARE THE SIMPLEST, SMALL STEPS YOU CAN TAKE TO GET CLOSER TO YOUR GOALS?
- WHERE CAN YOU EASILY FIND RESOURCES TO HELP YOU?
- ASIDE FROM MATERIAL THINGS, WHAT ELSE DO YOU GAIN (E.G., KNOWLEDGE)? HOW DO YOU USE IT? ARE YOU PUTTING IT TO GOOD USE?



# The King

ROYALTY AND CONTROL OVER OUR LIVES  
REPRESENT OUR DESIRED GOAL.

- WHAT KIND OF LIFE DO YOU WANT—  
MATERIALLY, MENTALLY,  
EMOTIONALLY, OR EVEN SPIRITUALLY?
- WHEN DO YOU FEEL MOST IN CONTROL  
OF YOUR LIFE?
- DO YOU HAVE A ROLE MODEL? WHAT  
QUALITIES WOULD YOU LIKE TO  
EMBODY?



## Visit to the King's Palace

PUSS IN BOOTS GIVES THE RABBIT TO THE KING AS A GIFT TO GET HIS ATTENTION.

- WHAT DO YOU DO WHEN YOU NEED SOMEONE'S SUPPORT?
- HOW DO YOU CAPTURE ATTENTION?
- IF YOU HAVE AN IDEA, WOULD YOU FEEL CONFIDENT SHARING IT WITH PEOPLE WHO ARE IN A POSITION OF AUTHORITY OR INFLUENCE?



## Gifts for the King

PUSS IN BOOTS CONTINUES TO IMPRESS THE KING BY BRINGING HIM MORE AND MORE GIFTS.

- CREATE A PLAN WITH SPECIFIC STEPS TO ACHIEVE YOUR PROFESSIONAL GOALS! FOR EACH STEP, THINK ABOUT WHAT YOU'LL NEED TO ACCOMPLISH IT AND HOW YOU CAN OBTAIN THOSE RESOURCES.



# The Bathing

THE MILLER'S SON GOES TO THE RIVER TO BATHE, FOLLOWING THE ADVICE OF THE CAT.

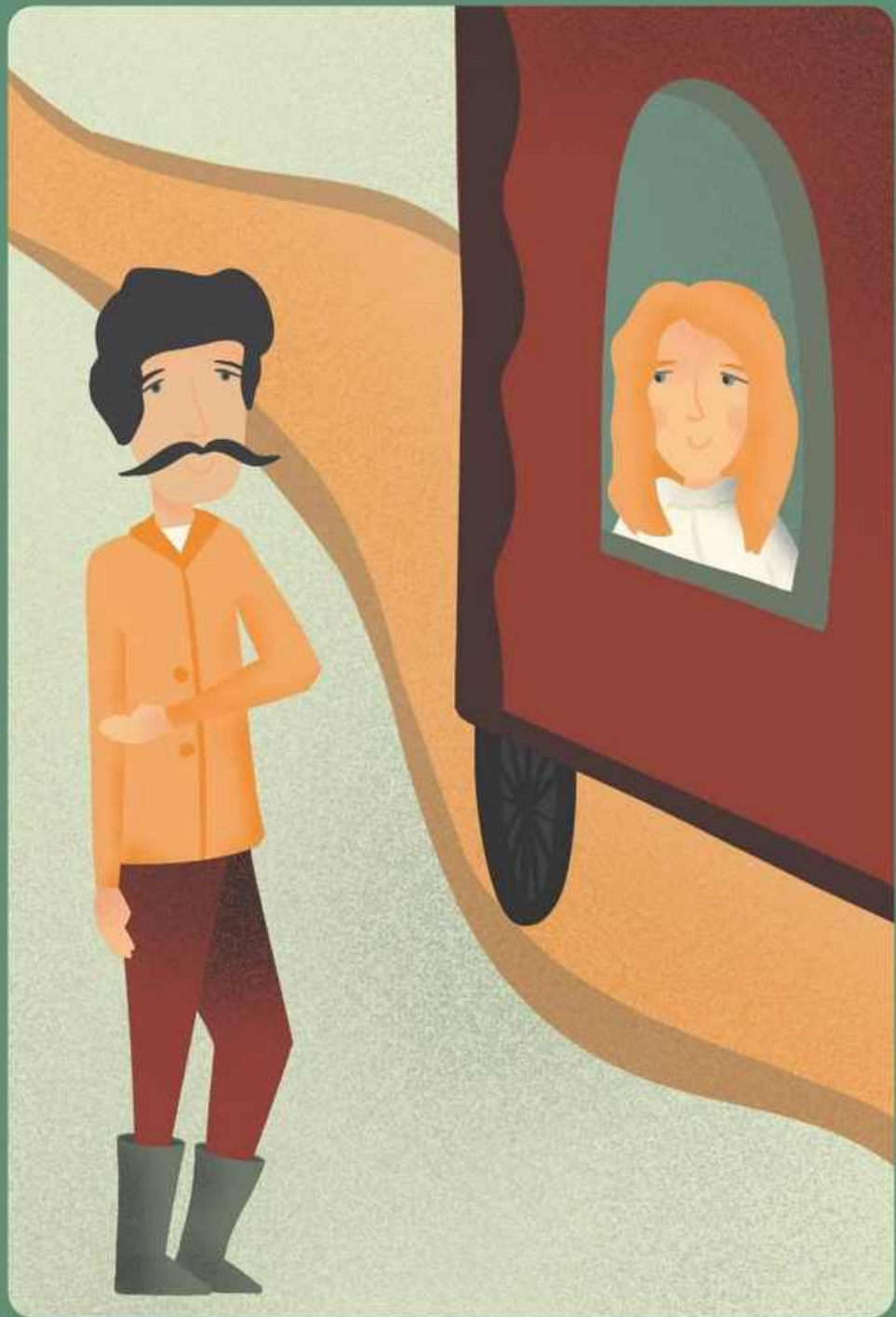
- HOW DO YOU VIEW TRUST IN YOUR LIFE? WHO DO YOU TRUST WITHIN YOUR CIRCLE OF ACQUAINTANCES, AND WHAT DO YOU NEED TO BUILD THAT TRUST?
- WHAT DOES VULNERABILITY MEAN TO YOU?
- HOW OPEN CAN YOU BE WITH OTHERS?
- WHO PLACES THEIR TRUST IN YOU? HOW DOES IT IMPACT YOU, AND HOW DO YOU RESPOND WHEN SOMEONE IS VULNERABLE WITH YOU?
- HAVE YOU EVER BEEN IN A SITUATION WHERE YOU HAD TO RELY ON SOMEONE WITHOUT KNOWING WHAT THE OUTCOME WOULD BE?



# The Marquis of Carabas is Drowning

PUSS IN BOOTS CALLS OUT TO THE KING FOR HELP, CLAIMING HIS “DROWNING” MASTER NEEDS SAVING.

- DO YOU DARE TO ASK OTHERS FOR HELP WHEN YOU NEED IT?
- HAVE YOU EVER BEEN IN A VULNERABLE SITUATION? HOW DID THE PEOPLE YOU ENCOUNTERED RESPOND?
- HAVE YOU EVER RECEIVED HELP FROM SOMEONE WHO COULD HAVE TAKEN ADVANTAGE OF THE SITUATION?



# The Princely Dress

DRESSING AS A PRINCE IS A STEP TOWARD A HIGHER QUALITY OF LIFE. IT MARKS THE FIRST MEETING BETWEEN THE KING, HIS DAUGHTER, AND THE MARQUIS OF CARABAS.

THE WAY WE PRESENT OURSELVES SENDS IMPORTANT MESSAGES TO OTHERS. IT'S WORTH CONSIDERING WHAT YOUR CLOTHING COMMUNICATES AND WHAT YOU WANT IT TO SAY.

- HOW DO YOU PREPARE FOR A FIRST MEETING? WHAT IMPRESSION DO YOU WANT TO MAKE?
- WATCH THIS TED TALK:  
[HTTPS://WWW.TED.COM/TALKS/AMY\\_CUDDY\\_YOUR\\_BODY\\_LANGUAGE\\_MAY\\_SHAPE\\_WHO\\_YOU\\_ARE/COMMENTS](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are/comments). DOES IT OFFER A MESSAGE YOU CAN APPLY TO YOUR OWN LIFE?



## A Ride with the King

RIDING WITH THE KING IS THE FIRST TIME THE MILLER'S SON CAN MAKE A GOOD IMPRESSION. IT'S MUCH LIKE A JOB INTERVIEW OR A FIRST MEETING WITH SOMEONE IMPORTANT.

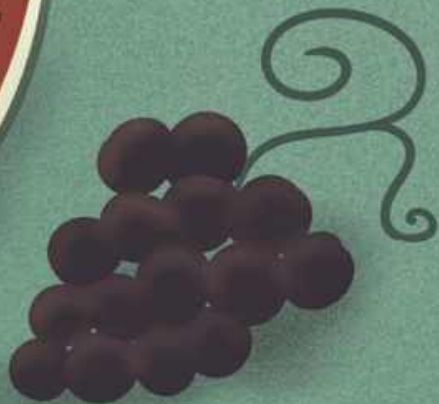
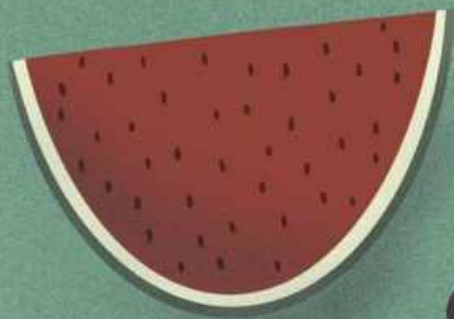
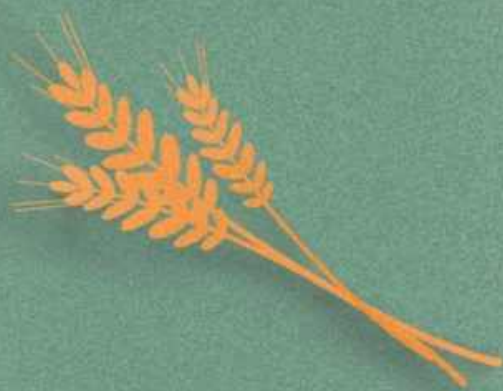
- HAVE YOU EVER BEEN IN A SITUATION WHERE YOU HAD TO PROVE YOUR COMPETENCE OR KNOWLEDGE? WHAT WAS YOUR EXPERIENCE LIKE?
- WHAT WOULD YOU TELL SOMEONE ABOUT YOURSELF WHEN YOU MEET THEM? WHAT TOPICS WOULD YOU PREFER TO AVOID? IT'S WORTH PREPARING FOR THESE SITUATIONS IN ADVANCE!



## Intimidation of the Peasants

PUSS IN BOOTS INTIMIDATES THE PEASANTS  
WORKING IN THE FIELDS.

- IN WHAT SITUATIONS ARE YOU EASILY INTIMIDATED?
- HAVE YOU EVER BEEN AFRAID TO EXPRESS YOUR THOUGHTS, OPINIONS, OR FEELINGS? WHAT HAPPENED? WHAT DO THESE SITUATIONS HAVE IN COMMON?
- HAVE YOU EVER DONE WHAT OTHERS TOLD YOU TO DO INSTEAD OF WHAT YOU TRULY WANTED?



# The Bountiful Meadow

INSIDE EACH OF US THERE IS A BOUNTIFUL MEADOW FILLED WITH VALUES WORTH SHARING.

- LIST AT LEAST FIVE POSITIVE QUALITIES ABOUT YOURSELF!
- HOW CAN YOU SHOWCASE YOUR POTENTIAL?
- HOW HAVE THESE VALUES AND SKILLS BENEFITED YOU IN LIFE? HOW DOES IT FEEL TO ACHIEVE SOMETHING BECAUSE OF THEM?



## The Ogre's Castle

THIS IS THE GRAND CASTLE THE MILLER'S SON DESIRES TO OWN.

- NO MATTER YOUR CURRENT SITUATION OR OPPORTUNITIES, IF YOU SET YOUR IMAGINATION FREE, WHAT ARE THE THINGS YOU TRULY WANT IN LIFE—MATERIAL OR OTHERWISE?

WRITE IT DOWN, DRAW IT, OR CREATE A MONTAGE!



## The Ogre

THE OGRE WAS FEARED BY THE PEASANTS—  
HE WAS UGLY, BIG, AND POWERFUL.

- ARE THERE ANY QUALITIES OF THE OGRE THAT YOU WOULD LIKE TO POSSESS?
- DO YOU HAVE QUALITIES THAT YOU OVERRATE OR UNDERRATE? (YOU COULD EVEN ASK THOSE CLOSE TO YOU.)
- THE OGRE'S VANITY LED TO HIS DOWNFALL. HOW DO YOU FEEL ABOUT VANITY?



# The Ogre Turned Lion

WHEN THE OGRE WAS TRANSFORMED INTO A LION, EVEN PUSS IN BOOTS WAS FRIGHTENED.

- HAVE YOU EVER BEEN IN A DANGEROUS SITUATION? HOW DID YOU HANDLE IT? HOW DO YOU TYPICALLY REACT DURING A CRISIS?
- IS THERE SOMEONE IN YOUR LIFE YOU FEAR? WHAT IS IT ABOUT THEM THAT SCARES YOU?
- WHAT DO YOU DO WHEN YOU HAVE TO BE AROUND THEM?
- WHEN FACED WITH A PROBLEM THAT SEEMS UNSOLVABLE, HOW DO YOU APPROACH IT? HAVE YOU EVER BEEN IN A SIMILAR SITUATION WHERE A NEW PERSPECTIVE HELPED YOU FIND A SOLUTION? WHAT WAS IT?



## The Ogre Turned Mouse

AND THEN, IN AN INSTANT, THE OGRE WAS TRANSFORMED INTO A MOUSE, MAKING IT EASY FOR PUSS IN BOOTS TO DEVOUR HIM.

- DO YOU HAVE INSECURITIES OR A LACK OF CONFIDENCE? HOW DO YOU DEAL WITH THESE FEELINGS?
- ARE THERE ANY QUALITIES YOU DISLIKE OR THAT HOLD YOU BACK FROM PROGRESSING? WOULD YOU LIKE TO CHANGE THEM? HOW?



## The Celebration

THE DEFEAT OF THE OGRE AND THE OCCUPATION OF THE CASTLE WERE CELEBRATED WITH A PARTY.

- CAN YOU CELEBRATE WHEN YOU ACHIEVE SOMETHING? HOW DO YOU REWARD YOURSELF AND CELEBRATE YOUR SUCCESSES?
- HOW DO YOU UNWIND OR LET OFF STEAM AFTER COMPLETING A BIG TASK?



## Wedding and Becoming a King

THE KING OFFERS HIS DAUGHTER'S HAND IN MARRIAGE TO THE YOUNGEST SON, GIVING HIM THE CHANCE TO BECOME KING LATER ON.

- THINK ABOUT THE SITUATIONS WHERE YOU SAY “NO” OR “YES” TO AN OPPORTUNITY. WHAT NON-RATIONAL FEARS OR REASONS, IF ANY, MAKE YOU HESITATE OR BACK OUT?
- WHEN FACED WITH GREAT OPPORTUNITIES, WE OFTEN DON'T TRUST OURSELVES. DO YOU BELIEVE YOU CAN SEIZE SUCH CHANCES? ASK SOMEONE WHO KNOWS YOU—DO THEY THINK YOU HAVE THE KNOWLEDGE AND ABILITY?
- HOW CAN YOU BE AN EXTERNAL HELPER, LIKE PUSS IN BOOTS, FOR SOMEONE ELSE?



## The Relaxing Puss in Boots

AFTER A HARD DAY'S WORK, PUSS IN BOOTS RELAXES AND ENJOYS SOME WELL-DESERVED REST.

- HOW DO YOU UNWIND AND RELAX? DO YOU ALLOW YOURSELF ENOUGH TIME TO REST AFTER COMPLETING A BIG TASK?
- ARE YOU ABLE TO STEP AWAY FROM CERTAIN ACTIVITIES WHEN YOU'RE NO LONGER MAKING PROGRESS, AND TAKE TIME FOR YOURSELF?