

# Ladybugs

..... source unknown (adapted and modified by Amy Fox)

There was once a little girl who wandered around in search of ladybugs. She turned over rocks, she ran through fields grabbing fistfuls of leaves, she searched high and low only to find a few ladybugs. She was tired and frustrated. She wanted to give up.

By this point it was late in the afternoon and it was a hot summer day, so the tired and frustrated little girl decided to take a nap in the soft, green grass.

When she woke, the most amazing thing happened. All over her arms and legs were ladybugs. There was ladybugs crawling everywhere!

---

## DISCUSSION QUESTIONS & PROMPTS

---

### OPENING CLASS

We live in a hurried culture and we live our lives always wanting to be somewhere we aren't.

But, what if there wasn't anywhere else you were suppose to be? What if right now, in this moment, you were exactly where you were meant to be?

Allow yourself to arrive here with your breath...

### DURING CLASS

#### *After Telling the Story*

In life, when we really want something, we're willing to have it at any cost and that cost usually involves us putting a lot of effort into something until the point that we're trying to force our way there.

Like the little girl, we search and we turn over rock after rock, only to end up disappointed and frustrated.

But what if what was required wasn't more effort? What if the very thing the was needed in this moment was trust and patience?

Sometimes gently laying down the reigns and offering ourselves compassion and grace to be in the process is what produces the best result.

### CLOSING CLASS

In a world that values instant gratification, patience reminds us to slow down, find contentment in the journey and trust that everything is unfolding as it needs to. It's knowing that what is meant for us, will always find us.

### EXTRAS

#### *8 Benefits of Patience*

1. You can better focus on your long-term goals and dreams
2. You can make more rational, realistic decisions
3. You develop persistence and resilience
4. You have a better time learning new skills
5. It allows you to be a better listener
6. You make others feel comfortable
7. It allows you to practice kindness and encourages others to do so as well
8. It teach you how to live a peaceful life, not a stressful one