



Both beautiful and strong, the phoenix is a renowned guardian and protector of families all across China. As Mulan's guiding spirit, the phoenix leads her on a path of self-discovery and self-acceptance. During her journey to serve in the Imperial Army, Mulan is confronted every step of the way by physical challenges, self-doubt and fear of disgrace if her true identity is revealed. But, with the guidance of the phoenix, Mulan's belief in herself ultimately transforms her from a village girl to a great warrior. While overcoming adversity and great obstacles, she remains true to her purpose of bringing honor to her family.

TAKE THE JOURNEY

Just as Mulan faced her obstacles head on, you may discover that some of your greatest strengths can be found when you step outside your comfort zone in order to become who you are meant to be. Taking the time to reflect on what you've already accomplished in your life, as well as what you hope to achieve next, can lead to your own self-discovery.

What are your dreams and goals? Though becoming a great warrior may not be your ambition, is your own goal leading you to self-discovery? Perhaps you dream of creating the next great invention, exploring the wilderness or helping people or animals in your community? Think about embracing who you are and what you are working toward. Head to the next page to begin your transformation and determine how you will work towards your goals through a journey of your own.



CHART YOUR GOAL JOURNEY

Using the phoenix as your guide, write or draw pictures in the spaces below to record the steps to achieving your goal. As you plan your transformation in the spaces, reflect on what you have created and decide how you will overcome obstacles to become who you are meant to be.

I AM REALLY GOOD AT...

I CAN WORK ON...

MY OBSTACLES ARE...

WAYS I CAN OVERCOME MY OBSTACLES:

Stream Disney's "Mulan" on Disney+ September 4 with Premier Access.*